

taste^{of the} south

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43
CLASSIC RECIPES

ANNUAL Breakfast ISSUE



AVOCADO AND EGG TOAST
(page 37)



MARCH/APRIL 2015 vol.12, issue 2
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MARCH/APRIL '15

volume 12, issue 2

on the cover

Buttermilk Biscuits
with Sausage Gravy
(recipe on page 49)

PHOTOGRAPHY BY MAC JAMIESON
RECIPE DEVELOPMENT AND FOOD STYLING
BY ANNA THEOKTISTO



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OPEN-FACE EGG SANDWICH
WITH WAFFLED TOAST

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Carl Leonard (L) V.P. of Green Coffee Procurement
and Matt Saurage (R) 4th Generation, Owner

WHEN WE SAY WE GO THE
**EXTRA
MILE,**

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Working with our growers around the globe for four generations,
we source only the top 10% of the world's coffee beans
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fill up faster - our passport or your second cup.

**Taste the Difference
FAMILY MAKES**

Our story continues at CommunityCoffee.com



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HOW TO BREW A LEGACY

From his country store in Baton Rouge in 1919, Henry Norman 'Cap' Saurage introduced Baton Rouge, Louisiana, to a new style of coffee. It was a high-quality coffee, hand-selected and roasted with care. Cap named it Community Coffee out of respect and admiration for his friends and neighbors. He served that community with one-on-one relationships, and they in turn supported his passion.

To ensure the highest quality in every step, Cap closed his country store in 1924 and turned his backyard barn into a coffee mill. Almost 20 years later, his son H. Norman Saurage, Jr. purchased the company's first coffee roaster. Close attention throughout the entire process, from farm to cup, ensures a consistently high-quality coffee.

In the 95 years since the company's founding, four generations of the Saurage family have carried on Cap's passion. The family knows that great coffee starts with great

beans. Community Coffee Company searches for the top 10 percent of the world's green coffee beans by visiting farms throughout Guatemala, Indonesia, Brazil, and elsewhere. The company's roasters get to know the hardworking families who grow the beans, and experience firsthand the passion that goes into the crop.

When that coffee gets to Baton Rouge, Norman and Matt Saurage join the roasting staff for weekly cuppings or coffee tastings. There, they taste the subtle changes made by their artisan roasters and help determine which will fit best into the Community® coffee lineup. They follow the coffee through the whole process to make sure it leaves tasting its best.

True to Cap's ideals, Community Coffee isn't just one family's story. The pride of generations of employees and coffee farmers is in every cup. Their rich and smooth coffee will be enjoyed by your family for generations.

Cap and HN Saurage, 1st and 2nd generation owners, cupping to ensure a rich, smooth flavor



Walter Williams, Roaster Operator since 1983, carefully roasting coffee beans to perfection



Cap's country store

The new Port Allen plant opens



1910

1954

1970

TODAY

1931



New Community Coffee delivery truck

Matt Saurage, 4th generation owner, visiting coffee farms in the province of Espirito Santos, Brazil



2005

2012



Matt and Norman Saurage, 4th and 3rd generation owners, keeping the cupping tradition alive

taste^{of the} south

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- 1 lb. Conecuh Smoked Sausage
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- Mustard
- Chopped onions
- Sweet Dill Relish
- Sauerkraut

Sometimes only a sandwich will do. These sausage dogs are the perfect afternoon meal, especially when your favorite game is on. Just make sure you have plenty of sausage - and napkins - on hand for seconds (and thirds). Grill sausage on all sides until done. Dip in warm BBQ sauce and serve on warm buns. Try one heaped with chopped onions, mustard, mayonnaise, sauerkraut and sweet dill relish.



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- 1 1/2 cups coarsely chopped apples
- 1/2 tbsp lemon juice
- 1/8 tsp nutmeg
- 1/4 cup Domino® Pourable Light Brown Sugar

Instructions

In a skillet, melt butter over medium-low heat. Stir in apples, lemon juice and nutmeg. Cook, stirring occasionally, until apples soften, about 7 minutes. Reduce heat to low and stir in sugar. Cook, stirring gently, until mixture becomes syrupy, about 2 minutes. Serve warm as a topping for pancakes, waffles, ice cream or oatmeal.

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FROM THE EDITOR

THE THING I LOVE MOST ABOUT BREAKFAST

is how a few simple ingredients become transcendent dishes. Flour, butter, and buttermilk rise into a heavenly stack of biscuits. Grits cooked

until tender comfort and soothe. A slice of bread, toasted perfectly in the oven, is a canvas for any jam or spread you might have on hand. Eggs need nothing more than a pat of butter for frying. And bacon, well, all you need is bacon, cooked until crispy.

While decadent breakfasts, like tall stacks of pancakes and over-the-top egg dishes, are luxuries often reserved for weekends and holidays, you can make the most of every morning by treating yourself to a simple breakfast, made from humble ingredients of the highest quality. The South is full of passionate food artisans perfecting products like stone-ground grits and hickory-smoked bacon that define our region and make our every morning memorable.

Charles Poirier is one of these artisans. He's in his ninth season of making cane syrup in Youngsville, Louisiana, where he carries on his family's tradition. If you've never topped your biscuits with cane syrup, it's a breakfast-changing moment. Don't miss our conversation with Charles on page 57.

Enjoy!

Brooke Bell



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BREAKFAST FOR SUPPER

If you're on the go in the morning, like many of us are, breakfast might show up on the dinner table a good bit, so we've got plenty of recipes to add to your "brinner" repertoire, starting on page 39.

There's **only one**
extra ingredient in
Homemade.



Buttercream Frosting

Ingredients

3 3/4 cups (1 lb. box) Domino®
Confectioners Sugar
1/2 cup butter (1 stick), softened
3 to 4 tablespoons milk
1 teaspoon vanilla extract

Instructions

In a large bowl with electric mixer at low speed, combine sugar, butter, milk and vanilla. Beat at medium speed 1 to 2 minutes until creamy. If desired, add more milk until frosting is spreading consistency.

Makes enough to fill and frost a 2-layer cake, a 13x9x2-inch sheet cake or 24 cupcakes.

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more frosting recipes.



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Vanilla Extract

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*the Real Way
to do Sweet!™*



You can also find our **Buttercream Frosting** recipe on the **1 lb. Domino® Confectioners Sugar** box.

BREAKFAST Bonanza

CHOCOLATE GRAVY

Sometimes the most delicious things are the simplest. Cocoa powder, milk, and a little sugar bubble into a dark and luscious sauce that transforms biscuits into a divine dessert.

MOST DECADENT

SOUTHERN CLASSIC

SAWMILL GRAVY

Sausage drippings, flour, and milk (and bits of browned sausage, if you're lucky!) combine for a gravy that goes with all your breakfast favorites.

TOMATO GRAVY

Juicy tomatoes break down into a ruby puddle of Southern goodness that's just as tasty spooned over grits as it is on biscuits.

SUMMER FAVORITE

BEST BACKSTORY

RED-EYE GRAVY

While it might not be true, the rumor that President Andrew Jackson named this gravy for his moonshine-loving cook is too good to dismiss.

1ST THE GRAVY AWARDS

As one of our favorite Southern food writers Sheri Castle says, "Chefs make sauce, cooks make gravy." A practical mash-up of leftover pan drippings and a dash of flour, gravy is cooked and seasoned into something tastefully transcendent; a dramatically impressive sum scratched together from humble parts. Here are just a few of our breakfast favorites.

CRAVING GRAVY? Visit our blog at tasteofthesouthmagazine.com for these delicious recipes!

Around the South

PURLOO

NEW ORLEANS, LOUISIANA

Located in the new digs of the Southern Food and Beverage Museum, this restaurant treats patrons to a dining experience that surpasses the average museum café. In addition to regular tables, guests can grab a chair in the 30-seat interactive exhibition kitchen, where they can quiz the chefs as they artfully execute seasonal dishes showcasing different regions of the South. nolapurloo.com

GALLEY AND GARDEN

BIRMINGHAM, ALABAMA

Huntsville, Alabama's hotshot chef James Boyce has brought his skills to Birmingham, and diners couldn't be more pleased. Housed in a former mansion in the historic Highland Park neighborhood, Galley and Garden has a refined yet casual décor to match its menu of Southern fare with a decidedly French twist. Enjoy Tennessee rabbit, Carolina trout, Gulf snapper, and a host of local vegetables harvested and foraged from farms and forests across the South. galleyandgarden.com



Photo courtesy Susan Boyce

ROAD TRIP>>>>

Whether you live nearby or you're on the road, stop by these Southern doughnut shops for a baker's dozen.

THE DONUT SHOPPE

Muscle Shoals, Alabama
256-383-3010

HARLOW'S BAKERY

Pineville, Louisiana
318-448-0399; harlowsbakery.com

THE DONUT HOLE CAFE AND BAKERY

Destin, Florida
850-837-8824

GLAZED GOURMET DOUGHNUTS

Charleston, South Carolina
843-577-5557; glazedgourmet.com

TATO-NUT DONUT SHOP

Ocean Springs, Mississippi
228-872-2076

BRITT'S DONUT SHOP

Carolina Beach, North Carolina
910-707-0755

JERI-LIN DONUTS

Blytheville, Arkansas
870-763-9679

HOTEL TABARD INN

Washington, DC
202-331-8528; tabardinn.com

GIBSON'S DONUTS

Memphis, Tennessee
901-682-8200

SUBLIME DOUGHNUTS

Atlanta, Georgia
404-897-1801; sublimedoughnuts.com

Doughnut Shops



KROG STREET MARKET ATLANTA, GEORGIA

Shopping and dining options abound in this renovated warehouse in Atlanta's Inman Park neighborhood. Anchored by a handful of cornerstone restaurants (like Ford Fry's newly opened Mex/Tex-themed Superica), the lofty industrial space is dominated by stalls and booths offering an array of edibles, from artisan meats and cheeses to spices and oils for stocking your pantry. Be sure to stop by Spice Road Chicken, Chef Asha Gomez's Indian-themed fried chicken "shack." krogstreetmarket.com

PONCE CITY MARKET ATLANTA, GEORGIA — COMING THIS SPRING!

Encompassing the newly renovated Sears, Roebuck & Company building (originally built in 1926) in Atlanta's Old Fourth Ward neighborhood, this development will include an expansive Central Food Hall colonized by Atlanta's hottest chefs and inspired culinary upstarts. In addition to classic burgers, locally roasted coffee, Korean steamed buns, and Indian street food, the development will include shopping, flats for rent, and lush green spaces. poncecitymarket.com

Photo courtesy Raftermen Photography

ON THE MENU

Across the South, restaurants pepper their menus with eye-opening names for their breakfast dishes. Here are a few that caught our eye and made our stomachs growl...

DEVIL'S MESS

An open-faced omelet with spicy sausage, garlic, tomatoes, curry, melted Cheddar, and avocado.

Millie's—Richmond, VA

THE SKILLET HEAP

A skillet full of potatoes, onions, and green peppers topped with Cheddar, Jack cheese, and two eggs any style.

Thumbs Up Diner—Atlanta, GA

THE AWESOME

Anything on the menu. In an omelet.

Big Bad Breakfast—Oxford, MS

THE CHARLESTON NASTY BISCUIT

Fried chicken, Cheddar cheese, and sausage gravy on a biscuit.

Hominy Grill—Charleston, SC

THE JOHNNY HASH

Three buttermilk biscuits with white pepper gravy, sausage, fries, maple bacon, cheese, and chives.

Biscuits+Groovy—Austin, TX

PRESIDENTIAL BREAKFAST

One egg, toast, fruit, bacon, milk, and a shot of bourbon.

Dish on Market—Louisville, KY

Prep and Provisions

Tasty goods to make your breakfast dishes even better.



Conecuh Hickory Smoked Bacon

Our longtime go-to for smoked sausage, Conecuh is laying the hurt on us bad with their hickory-smoked bacon. Straight from Evergreen, Alabama, this beautiful bacon has become our new favorite for breakfast and beyond. \$6.19 for 1½ pounds; visit conecuhsausage.com for store locations.

Geechie Boy Mill Grits

Working from their family farm in Edisto Island, South Carolina, Greg and Betsy Johnsman produce grits the old-fashioned way, using antique mills and heirloom corn. The resulting grits have superior flavor and texture, equally perfect for breakfast and dinner. \$6.95; geechieboymill.com



The Coop Maple Bourbon Syrup

John Rivers may have spent years perfecting his fried chicken recipe for his restaurant The Coop in Winter Park, Florida, but it's the maple bourbon syrup drenching the chicken and waffles and chicken biscuits that keeps diners coming back for more. \$8.99; 4rsmokehouse.com

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-Dentse Landry,
Landry's Café



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Lafayette
LOUISIANA

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healthier helpings

A brighter and lighter take on French toast

RECIPE DEVELOPMENT AND FOOD STYLING BY JOSH MILLER

Bursting with color and flavor, spring strawberries are the perfect fruit for brightening (and lightening) French toast. Almond milk provides a nutty-sweet custard base, which is perfumed with the eye-opening aroma of fresh orange zest.

STRAWBERRY-ALMOND FRENCH TOAST CASSEROLE

Yield: approximately 6 servings

- 1 pint strawberries, halved**
- 1 day-old baguette, thinly sliced**
- 2 large eggs**
- 2 large egg whites**
- 6 tablespoons sugar**
- $\frac{3}{4}$ cup unsweetened plain almond milk**
- 2 teaspoons orange zest, divided**
- 1 teaspoon vanilla extract**
- $\frac{1}{2}$ teaspoon almond extract**
- Pinch of kosher salt**
- Buttered Honey (recipe follows)**
- Garnish: toasted sliced almonds, confectioners' sugar**

- 1.** Preheat oven to 350°.
- 2.** In a 10-inch oven-proof skillet, arrange strawberries and bread slices as desired. Set aside.
- 3.** In a medium bowl, whisk together eggs, egg whites, and sugar until smooth. Whisk in almond milk, 1 teaspoon zest, extracts, and salt until well combined. Pour mixture over strawberries and bread in skillet. Let stand 20 minutes.
- 4.** Bake until lightly browned and set, 20 to 25 minutes. Sprinkle with remaining 1 teaspoon zest; brush with Buttered Honey. Garnish with almonds and confectioners' sugar, if desired.

BUTTERED HONEY

In a small bowl, stir together 2 tablespoons melted butter, 2 tablespoons honey, and $\frac{1}{2}$ teaspoon vanilla until smooth.

Kitchen Tip

If you don't have day-old bread, bake the baguette slices at 350° for 5 minutes to dry them slightly.



Your Kitchen Companion

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by Barnes & Noble





Florida's 30A

RAMBLING ALONG FLORIDA'S EMERALD COAST, HIGHWAY 30A DARTS AMID THE DUNES, STRINGING TOGETHER SOME OF THE SOUTH'S MOST *charming* BEACHFRONT COLONIES.

Bordered by aquamarine waters as clear as a March birthstone, Grayton Beach, WaterColor, Seaside, Alys Beach, and Rosemary Beach beckon, each with its own distinct personality. Read on, and let me help find the spot that's perfect for you.

BY BRIAN HART HOFFMAN



Seaside

With its idyllic picket-fence-lined neighborhoods, grassy amphitheater, and a grand horseshoe drive lined with boutiques and restaurants, this outpost is the iconic capital of 30A.

Amavida Coffee

Across the street from the Seaside post office (and also down in Rosemary Beach), this cubbyhole of a coffee shop is worth ducking into after your early morning beach walk. Not only is every cup brewed to perfection by their talented baristas, every bean is responsibly sourced to protect and support the farmers who grow them. It's coffee you can feel good about—really good about.

Find it:

2236 E. COUNTY HWY. 30A
AMAVIDA.COM

Modica Market

Tucked in the crescent of shops and restaurants around the perimeter of the Seaside amphitheater, Modica Market is a great spot for grabbing a breakfast sandwich, a mimosa, or provisions for the perfect beach picnic.

Find it:

109 SEASIDE CENTRAL SQUARE
MODICAMARKET.COM



Bud & Alley's

While the Roof Deck Bar is the quintessential sunset-watching spot on 30A, their downstairs Taco Bar and Pizza Bar aren't to be missed for a casual bite.

Find it:

2236 E. COUNTY HWY. 30A
BUDANDALLEYS.COM



Airstream Row

Plucked from the vacation postcards of your memory, these vintage airstream trailers have been retrofitted to house mini restaurants that serve up a variety of grab-and-go nibbles. There's smoked pork, chicken, and classic sides at Barefoot B-B-Q, gourmet franks at Wild Bill's Beach Dogs, Southeast Asian street food at Song, gooey grilled-cheese goodness at The Meltdown, and all-natural juices, smoothies, and snacks at Raw & Juicy. Just stroll down the sidewalk and find what suits your fancy.

Find it:

2235-2255 E. COUNTY HWY. 30A



//// SOUTHERN FLAVORS

Rosemary Beach

Farthest to the east, Rosemary is a newer community with a strong family focus. Cobblestone streets wind through the “town,” which is peppered with quaint shops and restaurants.

La Crema

Inspired by the restaurants and chocolatiers of Madrid and Barcelona, this tiny tapas bar is tucked into an alcove right off the main thoroughfare. It's the perfect spot to while away the afternoon over a bottle of Spanish wine and several rounds of small plates and dreamy desserts. Two words: chocolate bacon.

Find it:

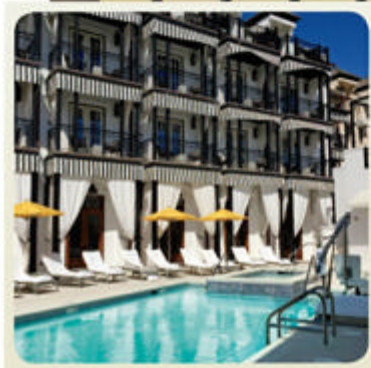
38 MAIN ST.
LACREMATAPAS.COM

The Pearl

Finally open after years of planning and development, this boutique hotel has quickly become the hub of Rosemary. Gorgeous well-appointed rooms open up to pool and Gulf views, and the dining at the Havana Beach Bar and Grill is top notch. It has all the heady character of a Hemingway haunt, with Latin-spiced dishes to spare.

Find it:

63 MAIN ST
THEPEARLRB.COM



Grayton Beach

Everything's relaxed on 30A, but Grayton is totally laid back. Filled with folksy, artistic charm, this hamlet is like Seaside's hippie brother; cool, quirky, and definitely chilled out.

The Red Bar

Nestled in the dunes of “downtown” Grayton, this ramshackle dive oozes genuine coastal kitsch. Bedecked in mounds of memorabilia, this bar does more than sling drinks and host local musicians—they also serve up some darn good food. Waiters drag chalkboards to your table with the day's specials, including my favorite panné chicken, swimming in lemon caper butter. Hit the ATM before you come; Red Bar is an old-school cash-only place.

Find it:

70 HOTZ AVE.
THEREDBAR.COM



From the publishers of
TASTE OF THE SOUTH

New Special Issue!

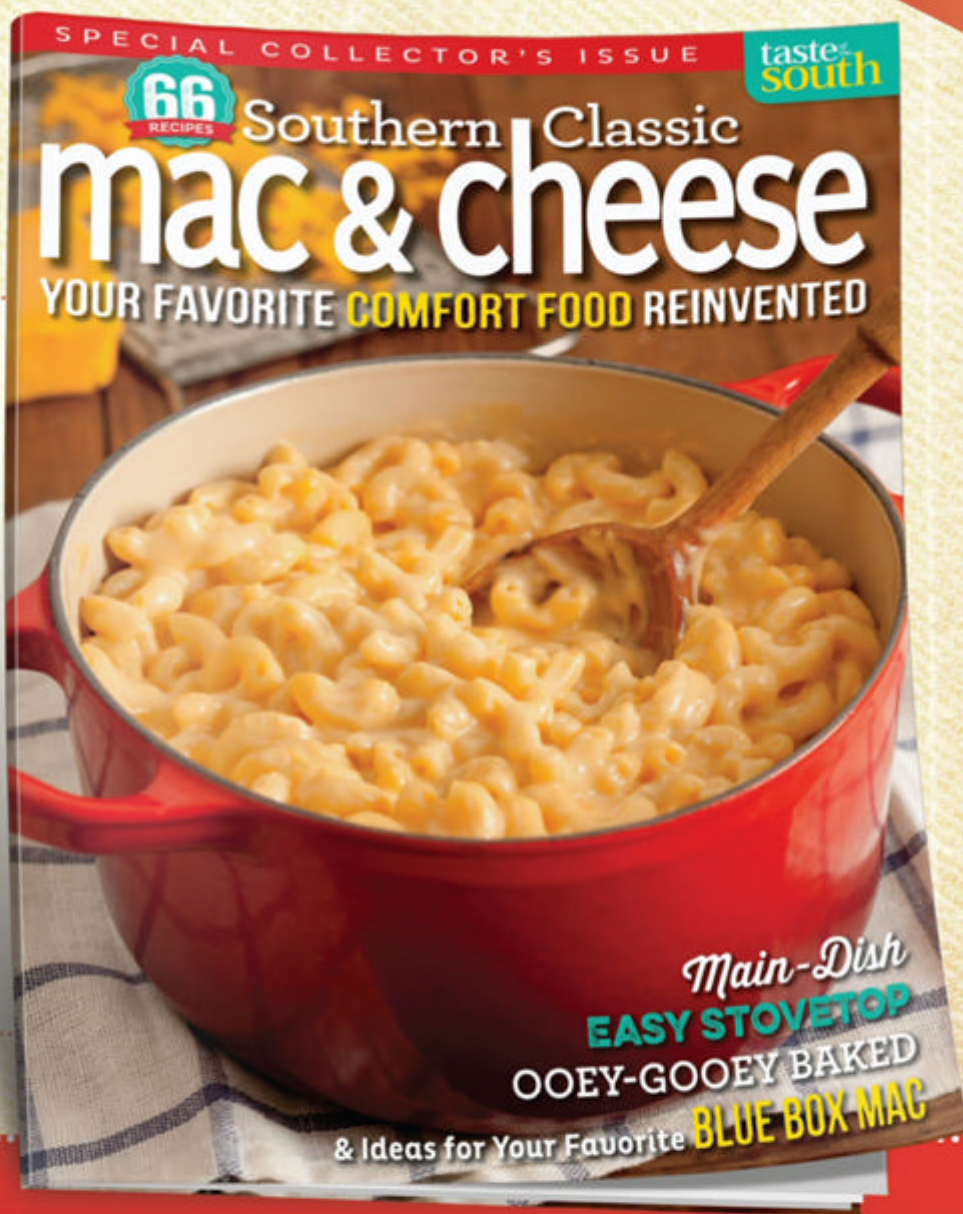
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//// SOUTHERN FLAVORS

Caliza

You've never experienced poolside dining quite like this. Breezy, exotic, and uber-chic, this upscale restaurant hums with a refined ambience. Chef Kevin Korman starts with fresh Gulf seafood, sustainably raised meats, and local vegetables, which he transforms into familiar yet surprising dishes that would take you hours to prepare at home. Every dish is a work of art, and every bite is a delight.

Find it:

23 NONESUCH WAY
CALIZARESTaurant.COM

George's

Just a short stroll from Caliza, this cottage-turned-restaurant is wrapped in porches and patios that offer perfect seats for taking in the sunset. George's artfully balances a playful yet impeccably crafted menu with a casual, dressed-up beach bum vibe; it's a restaurant that takes itself very seriously without making you return the favor.

Find it:

30 CASTLE HARBOUR DR.
GEORGESATALYSBEACH.NET



Alys Beach

Alys is definitely the most glamorous of the 30A colonies, with its elegant architecture and crisp white Bermudan facades. After winding along the highway, you break out into a straight stretch lined with towering palm trees; you'd swear you were in Hollywood.

-DON'T SKIP-

Basmati

Take a short jaunt down 30A toward Destin to Santa Rosa Beach for this gem tucked back in the trees. From curries to sushi to pan-seared fresh catches, rich Asian flavors infuse and perfume every dish, offering a nice change of pace from the classic fried seafood platter.


Find it:

3295 W. COUNTY HWY. 30A
SUSHISEASIDE.NET

Farmers' Markets

Year-round, local farmers set up shop in several towns to share the fruits of their labor. In particular, Rosemary Beach and Seaside boast bustling Saturday markets, with vendors offering everything from heirloom watermelons and tomatoes to homemade calzones and carrot cake jam.

Fish Out of Water

Tucked between Grayton and Seaside is the resort community of WaterColor. There you'll find Fish Out of Water, a charming beachside restaurant serving elegant renditions of local surf and turf. The only thing better than the service is the view. 

Find it:

34 GOLDENROD CIRCLE
WATERCOLORRESORT.COM

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FROM PLANTATION DINING ROOMS AND
BACKYARD SMOKEHOUSES TO CAJUN
CRAWFISH BOILS AND FINE CREOLE DINING,

FOOD IS A PASSION — IN LOUISIANA. —

MORNING CAFÉ AU LAIT PAIRED WITH FLUFFY
SUGARED BEIGNETS MAKE WAY FOR SIMMERING
PANS OF DARK ROUX AND THE SIZZLE OF THE
HOLY TRINITY—ONIONS, CELERY AND BELL PEPPER.

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NORTHSHORE SAMPLER

ACROSS LAKE
PONTCHARTRAIN
FROM NEW ORLEANS,
VISITORS WILL FIND
VIBRANT HISTORIC
COMMUNITIES WITH
WONDERFUL BOUTIQUES,
FINE DINING AND MOM-
AND-POP DINERS. THE
NORTHSHORE IS A
PERFECT LOCATION FOR
A WEEKEND GETAWAY.



WHERE CREOLE MEETS FARMLAND

For centuries, the Northshore has been a relaxing vacation retreat with its picturesque lakefront and moss-draped live oaks. The area's farmers and fishermen have always been closely connected with nearby chefs, and lately have expanded their offerings.

Area restaurants and markets offer fresh, free-range pork and duck from family-run farms such as Chappapeela Farms. Chappapeela's sister farm, Covey Rise, has partnered with area chefs to produce dozens of specialty and heirloom fruits and vegetables, keeping Northshore restaurants on the cutting edge of flavor.

Meanwhile in Lake Pontchartrain, fishermen, shrimpers and oystermen harvest the fresh seafood that diners demand. From beautiful chef-driven seafood dishes at Oxlot 9 and Del Porto Ristorante to Oysters Ooh La La at La Provence, seafood lovers will be right at home.

CHEF CHAT

Keith and Nealy Frentz | Lola Restaurant, Covington

How would you describe food on the Northshore? We're close to the local farmers' market, so everything is incredibly fresh. There are a lot of talented chefs on the Northshore, and the food here is comforting and crave-worthy.

What makes the Northshore different from other places throughout Louisiana? It's different because there are a lot of smaller mom-and-pop restaurants like ours, and people have an appreciation for good food. On the Northshore, we see many familiar faces and dedicated regulars. People come back again and again.



CRAFT BEERS

Beer enthusiasts can rejoice. The world-class dining culture that's developed along the Northshore has been complemented by a bevy of local craft breweries. They range from the husband-and-wife-run microbreweries Chafunkta in Mandeville and Gnarly Barley in Hammond to the nationally distributed Abita Brewing Company in picturesque Abita Springs. Also in the mix is Covington Brewhouse, which produces German-style beers in honor of the Bayou State's German settlers. Best yet is that the Louisiana Brewery Trail (read more at Breweries.LouisianaTravel.com) connects them all.

These brewers, like area chefs, get much of their inspiration from Louisiana's rich cultural history and natural bounty. Covington Brewhouse uses Louisiana strawberry purée in their Strawberry Ale, while Abita brews its Pecan Harvest Ale with local pecans.



HISTORIC DOWNTOWNS

Covington With a number of locally owned restaurants, this charming historic downtown in St. Tammany Parish features terrific options for shopping and dining. The Covington Brewhouse, which offers Saturday craft beer tastings, and the twice-weekly farmers' market give food enthusiasts a chance to experience unique Northshore flavors.

Mandeville Relax by the shore of Lake Pontchartrain in the shade of moss-draped live oaks, or rent a bike from the Shiver Shack and cycle down the Tammany Trace, a 31-mile trail that connects many of the Northshore's picturesque communities. Afterward, wind down in downtown Mandeville, where award-winning restaurants and shopping options abound.

Slidell On the eastern edge of the Northshore, Olde Towne Slidell boasts a 10-block area of historic buildings, museums and antiques and specialty shops. Some culinary highlights include Palmettos on the Bayou, located on Bayou Bonfouca, and Kenney Seafood, which is famous for its soft-shell crab po'boy.



C'EST WHAT?

PO'BOY: A long sandwich on crusty French bread, po'boys are a Louisiana comfort food that can be filled with anything from roast beef to fried seafood. Order them "dressed," which means they'll come with shredded lettuce, tomato and pickles.

BAYOUS: Slow-moving streams that are common throughout Louisiana. Bayous are home to crawfish, frogs, turtles and alligators, among other exotic flora and fauna.

FOOD FESTIVALS

MARCH 20 - 22

Amite Oyster Festival
amiteoysterfestival.com

MARCH 27 - 28

Hammond Smokin'
BBQ Challenge
hammondbbq.com

APRIL 10 - 12

Ponchatoula
Strawberry Festival
lastrawberryfestival.com



CAPITAL CRAVINGS

A TRIP TO LOUISIANA'S CAPITAL CITY SHOWS VISITORS HOW MUCH BATON ROUGE AND THE SURROUNDING AREA HAVE TO OFFER. WITH ITS REVITALIZED DOWNTOWN AND GROWING FOOD SCENE, THERE'S A LITTLE SOMETHING FOR EVERYONE.



WHERE CREOLE MEETS CAJUN

As a natural crossroad for Louisianians, Baton Rouge is a miniature melting pot for the state's culinary traditions. As the Capital Cravings trail winds from Plantation Country in the east to the plains of Acadiana in the west, it becomes clear that this is where Creole culture meets Cajun.

From roadside joints to fine dining restaurants, diners will find chefs making the most of area products. Local farms, including Iverstine Family Farms in Kentwood, supply Baton Rouge area restaurants with grass-fed beef and pastured poultry and hogs.

From late winter through early summer, crawfish get top billing around the Capital Cravings Trail. From Hot Tails in New Roads, where they farm their own crawfish, to Tony's Seafood Market in Baton Rouge, where customers can find them live or boiled and spicy, crawfish are practically everywhere.





HANDS ON AT LOUISIANA CULINARY INSTITUTE

One of the engines driving the spectacular growth of the Baton Rouge area food scene is the outflow of talented young chefs from the Louisiana Culinary Institute. As one of the state's premier culinary programs, LCI gives budding chefs the tools they need to make the most of Cajun and Creole techniques and ingredients.

As visitors explore the diverse collection of restaurants on the Capital Cravings Trail, they can complete the experience by learning a trick or two at one of LCI's leisure classes. With topics that include bread baking, cake decorating and Cajun classics, there are many ways visitors can bring a bit of Louisiana cooking home with them.



CHEF CHAT

Cody Carroll | Hot Tails, New Roads

What is the Baton Rouge area culinary identity? Being between New Orleans and Lafayette, there are a lot of Creole and Cajun influences, but now with the Louisiana Culinary Institute, I think the younger chefs are starting to develop their own identities.

What is the connection between capital region chefs and farmers? It's really a close relationship, like family. A lot of chefs here grew up around farmers and fishermen and honed their skills cooking what they were growing or catching. Growing up in Batchelor, my family had a big farm with corn, wheat, cotton and soybeans, but we also had a garden where we grew eggplant, purple hull peas, okra and squash. We learned how to cook things we grew ourselves and developed a respect for the land.





5 CLASSIC *crawfish dishes*

CRAWFISH ÉTOUFFÉE

CRAWFISH PIE

← CRAWFISH PASTA

CRAWFISH PO'BOY

CRAWFISH PISTOLETTES



PLANTATIONS

Not far downriver, the beautiful plantation homes that dot the mighty Mississippi's River Road enchant visitors. The lush grounds of Nottoway Plantation and Houmas House and Gardens exhibit not only gorgeous re-creations of the region's storied past, but also offer luxury accommodations and fine dining.

Take a break from plantation-hopping and visit historic Donaldsonville, where antique shops abound and the Grapevine Café serves classic gumbos and an incomparable bread pudding. Don't miss the River Road African American Museum which explores the history and heritage of African Americans along the Mississippi River.

FOOD FESTIVALS

**MARCH 7 - 8**

Frisco Fest
Garyville
friscofest.com

APRIL 11

Baton Rouge
Blues Festival
batonrougebluesfestival.org

MAY 23 - 25

Jambalaya Festival
Gonzales
jambalayafestival.org

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SUPPERS

with CHRISTY JORDAN

FOOD STYLING BY KATHLEEN KANEN

I have contentment. It is a great treasure to be able to say you have that. Our culture screams at us to not be content, telling us daily that we need more. We need more recognition, more money, bigger houses, nicer clothes, nicer china, more manicured lawns, faster cars, bigger diamonds, bigger audiences, bigger hair (OK, I'm not going to argue with that one!), more artful language, sharper retorts. Everything is "more" or "er." BiggER, bettER.

How many people do you think sit back, just breathe, and experience contentment on a daily basis? How about once a month or even once a year? It must be absolutely exhausting never being content.

Being content isn't about getting more. It's about appreciating what you have.


Contentment is one of the greatest gifts you can give yourself. Once you have it, guard it as closely as you can. I let things like TV and music into my life, but when they start messing with my contentment—it's time for them to go. I gave up TV a few years back, except for the occasional special or DVD we watch as a family. I listen to only two radio stations. I deleted most of the music from my phone because I don't want to sing songs

in my head about how hard my life is or how angry I am when I'm not. Without so much music blaring, I find myself humming old songs my grandmothers hummed while they went about their days. I hope my kids will someday recall my gentle humming in the kitchen in the background of their childhood.

Rather than buy a bigger house, I enjoy living under our sturdy roof. Our house has walls just tall enough to hold our memories, but windows so thin they can't possibly hold in the laughter. And while my younger self used to dream about traveling to distant shores, my older self has been blessed with just enough travel to know there is no place I'd rather be than the place where I get tight morning hugs and never have to put on shoes.

I spend my extra time sitting on my back porch watching the birds as I drink my coffee. I keep the radio off and hear my kids' animated voices tell me about their days, knowing that all too soon they'll be under their own roofs, and I'll be relying on phone calls rather than daily conversations.

Some folks may look at my life and think I'm missing out, but I know I took the road I was meant to take.

I didn't give up anything. I traded it for contentment. I definitely traded up. 

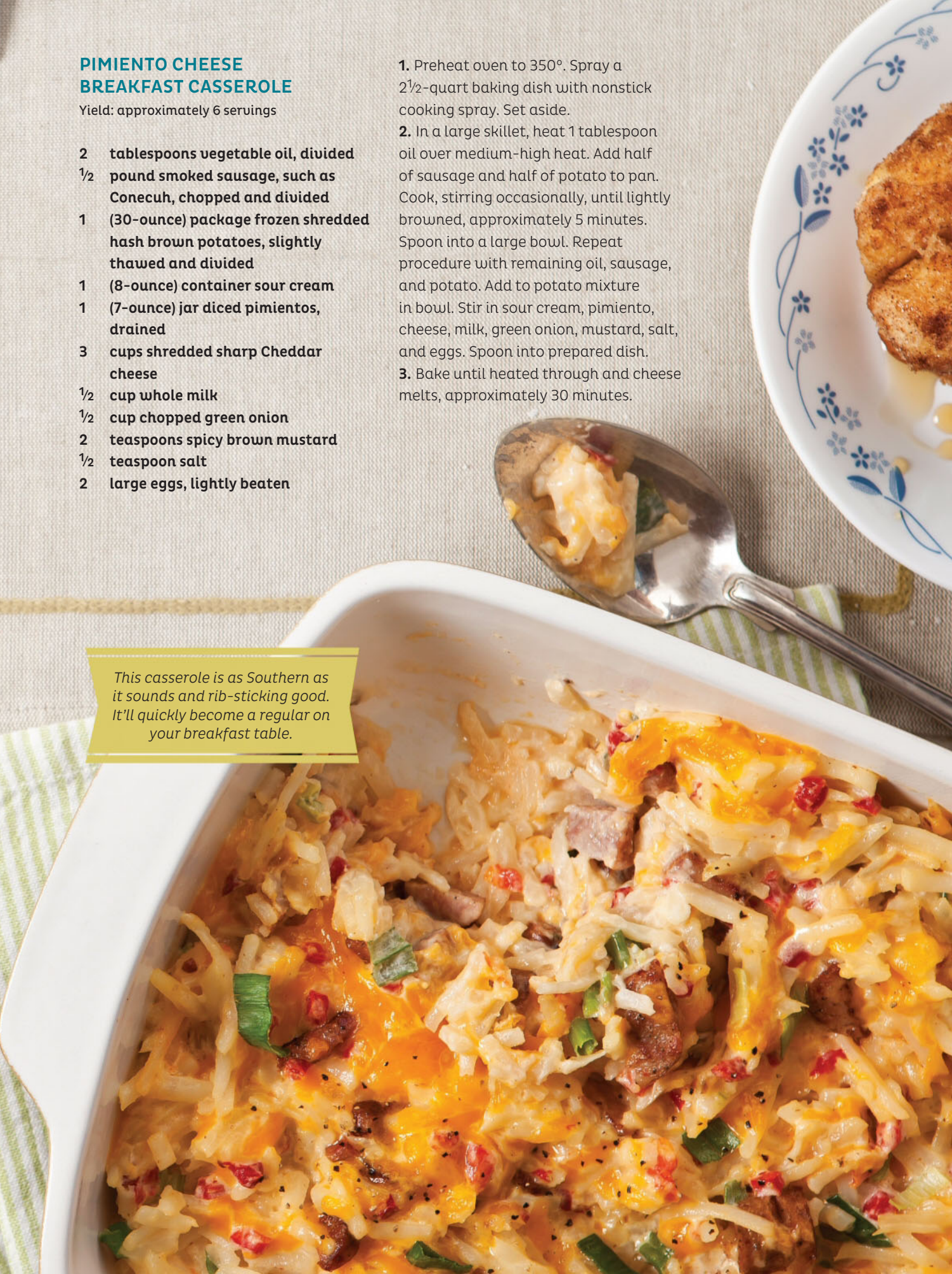
PIMIENTO CHEESE BREAKFAST CASSEROLE

Yield: approximately 6 servings

- 2** tablespoons vegetable oil, divided
- 1/2** pound smoked sausage, such as
Conecuh, chopped and divided
- 1** (30-ounce) package frozen shredded
hash brown potatoes, slightly
thawed and divided
- 1** (8-ounce) container sour cream
- 1** (7-ounce) jar diced pimientos,
drained
- 3** cups shredded sharp Cheddar
cheese
- 1/2** cup whole milk
- 1/2** cup chopped green onion
- 2** teaspoons spicy brown mustard
- 1/2** teaspoon salt
- 2** large eggs, lightly beaten

- 1.** Preheat oven to 350°. Spray a 2½-quart baking dish with nonstick cooking spray. Set aside.
- 2.** In a large skillet, heat 1 tablespoon oil over medium-high heat. Add half of sausage and half of potato to pan. Cook, stirring occasionally, until lightly browned, approximately 5 minutes. Spoon into a large bowl. Repeat procedure with remaining oil, sausage, and potato. Add to potato mixture in bowl. Stir in sour cream, pimiento, cheese, milk, green onion, mustard, salt, and eggs. Spoon into prepared dish.
- 3.** Bake until heated through and cheese melts, approximately 30 minutes.

This casserole is as Southern as it sounds and rib-sticking good. It'll quickly become a regular on your breakfast table.





BERRY SALAD WITH ORANGE-LIME SYRUP

Yield: approximately 6 servings

- 6** tablespoons orange marmalade, melted
- 2** tablespoons fresh lime juice
- 4** cups fresh strawberries, quartered
- 2** cups fresh blueberries
- 6** tablespoons sweetened flaked coconut, toasted

1. In a medium bowl, stir together marmalade and lime juice. Gently stir in strawberries and blueberries. Serve immediately, or cover, and refrigerate up to 2 hours. Sprinkle with coconut just before serving.

My family loves a simple fruit salad, and this is one of my favorites from my recipe box. The sweetness of the berries combines with the tangy syrup for a fruity explosion of flavor in every bite.

ICED CINNAMON COFFEE

Yield: 2 servings

- 1 cup brewed coffee, chilled**
- ¼ cup sweetened condensed milk**
- ¼ teaspoon ground cinnamon**
- Coffee ice cubes, to serve (see tip)**

1. Divide coffee, condensed milk, and cinnamon between 2 glasses; stir well. Add desired amount of coffee ice cubes.

Christy's TIP

To make coffee ice cubes, pour cooled brewed coffee into ice cube trays, and freeze until firm.

QUICK MONKEY BREAD ROLLS

Yield: 10 rolls

- 1 (12-ounce) can refrigerated buttermilk biscuits, such as Pillsbury Grands! Jr**
- 6 tablespoons butter, melted**
- ½ cup sugar**
- ½ cup firmly packed light brown sugar**
- 1 teaspoon ground cinnamon**
- ½ cup maple syrup**

1. Preheat oven to 350°. Spray 10 muffin cups with nonstick baking spray with flour. Set aside.
2. Cut biscuits into thirds. Pour melted butter into a medium bowl. In another medium bowl, stir together sugars and cinnamon. Dip biscuit pieces into butter, then dredge in sugar mixture. Place 3 biscuit pieces into each muffin cup.
3. Bake until puffed and golden brown, 12 to 15 minutes. Let stand 5 minutes. Run a knife around edge of cups; remove rolls. Drizzle with maple syrup.

When they were little, both of my kids loved making monkey bread, so it's fun to whip up this quick version and surprise them at the breakfast table.

TOAST

MAKE THE MOST
OF YOUR

TOAST

Forgo your regular grape jelly for these
nostalgic recipes and tasty toppings

PHOTOGRAPHY BY MARCY BLACK SIMPSON

RECIPE DEVELOPMENT AND FOOD STYLING BY ANITA SPAIN SIMPSON

TOASTER VS. OVEN

When it comes to preparing toast, all
appliances are not created equal.



QUICKER

- no preheat needed
- faster cook time
- no clean-up



TASTIER

- more even toasting
- superior texture
- better for toppings



Change up
cheeses to
create your
ultimate
cheese toast.

CLASSIC CHEESE

Preheat oven to 375°. Spread **1 slice of Texas toast** with **1 teaspoon softened butter**; sprinkle with **¼ cup shredded sharp Cheddar cheese** and **¼ cup shredded mozzarella cheese**. Bake on a baking sheet until cheese melts and edges begin to brown, 8 to 10 minutes.

Yield: 1 serving

SATURDAY MORNING CINNAMON

Preheat oven to 400°. In a small bowl, stir together **2 tablespoons softened butter**, **1 tablespoon sugar**, and **½ teaspoon cinnamon**; spread mixture over **2 slices of white sandwich bread**. Bake until lightly browned, 8 to 10 minutes.

Yield: 2 servings



TOAST

your favorite bread and add these tasty toppings!

NUTELLA AND BISCOFF

Spread **2 pieces of toast** with **3 tablespoons Nutella** (chocolate-hazelnut spread) and **3 tablespoons Biscoff** (cookie butter). Sprinkle with **1 teaspoon toasted sweetened flaked coconut**.

Yield: 2 servings

For those days when you need a little breakfast indulgence.



AVOCADO AND EGG

Divide **1 sliced avocado** between **2 pieces of whole-wheat toast**. Top toasts with **2 fried eggs** (one per toast); sprinkle with **salt, pepper**, and **crumbled bacon**. Dot with **Sriracha** (chile-garlic sauce), if desired.

Yield: 2 servings

toast tip

If preparing toast in the oven, bake at 375°, directly on the oven rack, 4 to 5 minutes.





STRAWBERRIES AND CREAM

In a small bowl, stir together **1/4 cup cream cheese** and **1 teaspoon confectioners' sugar** until smooth; spread over **2 slices of sourdough toast**. Divide **1/2 cup sliced strawberries** between toasts; top with **1 tablespoon melted strawberry preserves** and **1 teaspoon toasted sliced almonds**.

Yield: 2 servings



PEANUT BUTTER AND BANANA

Spread **3 tablespoons peanut butter** over **2 pieces of cinnamon-raisin toast**. Divide **1 sliced banana** between toasts. Top with **1 tablespoon chopped toasted pecans** and **1 tablespoon honey**.

Yield: 2 servings

Have this
tasty toast
for breakfast,
dessert, or as
a late-night
snack.

**LOADED BREAKFAST
NACHOS** page 45







COCK-A-DOODLE DINNER

{ WAKE UP YOUR WEEKNIGHT
SUPPER ROUTINE WITH THESE
BREAKFAST-INSPIRED DISHES }

PHOTOGRAPHY BY JIM BATHIE / RECIPE DEVELOPMENT AND FOOD STYLING BY
ANNA THEOKTISTO / PHOTO STYLING BY VANESSA ROCCHIO





SAUSAGE AND SWEET POTATO FRITTATA

Yield: approximately 4 servings

Tender sweet potato and hearty sausage make every bite of this skillet frittata delightful.

- 1 (16-ounce) package bulk pork sausage**
- 1 large sweet potato, peeled and thinly sliced (about 3 cups)**
- 1 medium tomato, halved and sliced**
- 1 clove garlic, minced**
- ¼ cup chopped fresh parsley**
- 1 tablespoon chopped fresh dill**
- 12 large eggs, beaten**
- 1½ teaspoons kosher salt**

- ⅛ teaspoon crushed red pepper**
- ½ cup grated Parmesan cheese**
- Garnish: fresh dill**

- 1.** Preheat oven to 350°.
- 2.** In a 12-inch nonstick oven-proof skillet, cook sausage over medium-high heat, stirring occasionally, until browned and crumbly, approximately 8 minutes. Add sweet potato; cook, stirring gently, until tender, approximately 8 minutes. Stir in tomato and garlic; cook 1 minute more.
- 3.** Add parsley, dill, eggs, salt, pepper, and cheese. Cook until bottom is set, approximately 2 minutes.
- 4.** Bake just until set, 12 to 15 minutes. Garnish with dill, if desired.

JALAPEÑO-CORNMEAL PANCAKES

Yield: approximately 10 pancakes

Savory pancakes are one of our favorite breakfast-for-dinner treats. Drenched in honey, these cheesy jalapeño-studded flapjacks make a filling supper paired with a generous helping of skillet-crisp bacon.

- 1 cup self-rising cornmeal**
- 1 cup self-rising flour**
- 1 cup shredded sharp white Cheddar cheese**
- 1 teaspoon sugar**
- ¾ teaspoon kosher salt**
- 1 cup whole buttermilk**
- ¼ cup rendered bacon fat, melted**
- 2 large eggs, lightly beaten**
- 1 fresh jalapeño pepper, thinly sliced**

Butter, honey, and bacon, to serve
Garnish: charred jalapeño halves

- 1.** In a large bowl, stir together cornmeal, flour, cheese, sugar, and salt. Stir in buttermilk, rendered bacon fat, and eggs just until combined.
- 2.** Heat a large nonstick skillet over medium heat; spray with nonstick cooking spray. For each pancake, pour ¼ cup of batter onto prepared pan, spacing 1-inch apart. Top batter with jalapeño slices. Cook until bubbles appear on surface and bottoms are golden brown, 2 to 3 minutes. Flip pancakes; cook until bottoms are golden brown, 2 to 3 minutes more. Serve with butter, honey, and bacon. Garnish with jalapeño, if desired.







Although it resembles flank steak, flat iron steak (also called shoulder top blade steak) is a more tender cut of beef. Good substitutes include ribeye and tenderloin.



FLAT IRON STEAK AND EGGS

Yield: approximately 4 servings

The king of hearty breakfast dishes gets an upgrade with tender flat iron steak.

- 1 pound flat iron steak**
- 1 tablespoon canola oil**
- 1³/₄ teaspoons kosher salt, divided**
- 3³/₄ teaspoon ground black pepper, divided**
- 1 bunch green onion**
- 1¹/₂ teaspoon olive oil**
- 6 large eggs, beaten**
- Toasted bread, to serve**

- 1.** Heat a medium cast-iron skillet over high heat.
- 2.** Brush both sides of steak with canola oil. Sprinkle with 1 teaspoon salt and 1¹/₄ teaspoon pepper.
- 3.** When skillet begins to smoke, add steak. Cook until steak reaches desired degree of doneness, approximately 4 minutes per side for medium-rare. Remove steak from pan. Cover with aluminum foil, and let stand at least 5 minutes before slicing.
- 4.** Drizzle green onion with olive oil; sprinkle with 1¹/₂ teaspoon salt and 1¹/₄ teaspoon pepper. Place in hot skillet; cook until slightly charred and just wilted, approximately 2 minutes. Remove from pan. Set aside.
- 5.** Heat a large nonstick skillet over medium heat. Spray with nonstick cooking spray; add eggs and remaining 1¹/₄ teaspoon salt and 1¹/₄ teaspoon pepper to pan. Cook, stirring constantly, until eggs are just set. Remove from heat. Serve with sliced steak, green onion, and toasted bread.



{ Naan is an Indian flatbread. If you can't find it in your grocery store, substitute small pre-baked pizza crusts. }

PERSONAL BREAKFAST PIZZAS

Yield: 2 servings

A few store-bought shortcuts help these pizzas come together in snap.

- 1 (8.8-ounce) package whole-wheat naan bread (2 pieces)**
- 4 slices bacon, chopped**
- 2²/₃ cup sliced smoked sausage, such as Conecuh**
- 1¹/₂ cup refrigerated hash browns**
- 1 clove garlic, minced**
- 6 medium eggs**
- 1¹/₂ cup diced tomato**
- Garnish: chopped fresh chives**

- 1.** Preheat oven to 400°. Place naan on a rimmed baking sheet. Set aside.

- 2.** In a medium nonstick skillet over medium heat, cook bacon until crisp. Using a slotted spoon, remove bacon from pan, and let drain on paper towels. Reserve 2 teaspoons rendered bacon fat in pan.
- 3.** Increase heat to medium-high. Add sausage, hash browns, and garlic to pan. Cook, stirring occasionally, until hash browns are golden brown and crisp, 8 to 10 minutes. Stir in cooked bacon. Remove from heat.
- 4.** Top naan with sausage mixture. Crack 3 eggs near center of each pizza. Sprinkle with tomato.
- 5.** Bake until eggs are set, approximately 12 minutes. Garnish with chives, if desired. Serve immediately.





LOADED BREAKFAST NACHOS

Yield: approximately 6 servings

Piled high with a bounty of toppings, these nachos are a knockout.

- 1/2 pound chorizo, casings removed**
- 2 cups chopped tomato**
- 1 (15.5-ounce) can pinto beans, drained and rinsed**
- 1 clove garlic, minced**
- 1 1/2 teaspoons hot sauce**
- 1/2 teaspoon dried oregano**
- 1 (13-ounce) bag tortilla chips**
- 1/4 pound fresh okra, split lengthwise**
- 6 large eggs**
- Garnish: crumbled queso fresco, sliced radish, fresh cilantro, sliced jalapeño, chopped green onion, hot sauce, lime wedges**

- 1.** Preheat oven to 350°. Spray a large shallow oven-proof pan or rimmed baking sheet with nonstick cooking spray. Set aside.
- 2.** In a large skillet, cook chorizo over medium-high heat until browned, approximately 8 minutes. Remove chorizo from pan; let drain on paper towels. Wipe out pan.
- 3.** Heat same pan over medium-high heat. Add tomato, beans, garlic, hot sauce, and oregano. Cook, stirring occasionally, 3 minutes. Stir in chorizo. Remove from heat.
- 4.** Scatter chips on prepared pan. Top with chorizo mixture and okra. Crack eggs over nachos, spacing evenly.
- 5.** Bake until eggs are set, 15 to 18 minutes. Garnish with queso fresco, radish, cilantro, jalapeño, green onion, hot sauce, and lime wedges, if desired.

OPEN-FACE EGG SANDWICH WITH WAFFLED TOAST

Yield: 1 sandwich

Toast in a waffle iron? Why not! This genius twist on toast yields buttery-crisp wells that do a delicious job of catching pools of melty cheese and golden egg yolk.

- 2 thick slices bread, such as Texas toast**
- 1 tablespoon unsalted butter, softened**
- 1 large egg**
- Pinch kosher salt**
- Pinch ground black pepper**
- 1 small handful arugula**
- 2 slices ham**
- 1 slice American cheese**

- 1.** Preheat waffle iron to high heat. Butter both sides of bread. Place bread in a single layer in waffle iron; cook until golden brown, approximately 3 minutes. Set aside.
- 2.** Heat a small nonstick skillet over medium heat; spray with nonstick cooking spray. Crack egg into skillet; cook, without flipping, until yolk is cooked to desired temperature, 3 to 4 minutes for soft-set. Sprinkle with salt and pepper.
- 3.** To assemble, stack toast on a plate. Top with arugula, ham, cheese, and egg. Serve immediately.







HOMEMADE *Fast-Food Favorites*

Better tasting and better for you, these are breakfast treats you can feel good about

PHOTOGRAPHY BY MAC JAMIESON / RECIPE DEVELOPMENT AND FOOD STYLING BY ANNA THEOKTISTO / PHOTO STYLING BY KATHERINE TUCKER



SAUSAGE AND EGG ENGLISH MUFFINS

Yield: 6 sandwiches

Skip the drive-thru line—these homemade breakfast sandwiches are ready in 15 minutes, and taste so much better.

- 6 large eggs**
- ½ teaspoon kosher salt**
- ¼ teaspoon ground black pepper**

- 1 (16-ounce) package bulk pork sausage**
- 6 English muffins, split and toasted**
- 2 tablespoons butter, softened**
- 6 slices American cheese**

- 1.** Preheat oven to 350°. Spray a 6-cup jumbo muffin tin with nonstick cooking spray.
- 2.** Crack one egg into each prepared muffin cup. Sprinkle with salt and pepper.

- 3.** Bake until centers are set, approximately 15 minutes. Run a knife around edges to loosen.
- 4.** Slice sausage into 6 patties. Place patties in a large nonstick skillet, pressing with a spatula to flatten. Cook over medium-high heat, turning occasionally, until cooked through, approximately 8 minutes.
- 5.** Spread 1 teaspoon butter on bottom half of each English muffin. Top each with 1 sausage patty, 1 egg, and 1 slice cheese. Top with remaining muffin halves.

BUTTERMILK BISCUITS

Yield: approximately 10 biscuits

Folding the dough before rolling and cutting yields these towering buttermilk-tender beauties.

- 2½ cups self-rising flour**
- 2 tablespoons sugar**
- 1¼ teaspoons kosher salt**
- ¾ cup cold unsalted butter, cubed**
- 1 cup whole buttermilk, chilled**
- 2 tablespoons unsalted butter, melted**

- 1.** Preheat oven to 425°. Line a rimmed baking sheet with parchment paper. Set aside.
- 2.** In a large bowl, stir together flour, sugar, and salt. Using a fork, cut butter into flour until mixture resembles coarse crumbs with some pea-size pieces of butter remaining. Add buttermilk, stirring until combined.

- 3.** Turn dough out onto a well-floured surface. Shape dough into a flat log, and fold into thirds, like a letter. Roll into a 10x9-inch rectangle. Using a 3-inch round cutter dipped in flour, cut dough, without twisting cutter. Reroll scraps as needed. Place biscuits on prepared pan, spacing 2 inches apart. Brush tops with melted butter.
- 4.** Bake until golden brown and cooked through, approximately 12 minutes.

**COVER
RECIPE**



SAUSAGE GRAVY

Yield: 4 to 6 servings

Just a touch of apple cider vinegar adds the perfect contrast to this thick, rich gravy.

- 1 (16-ounce) package bulk pork sausage**
- ¼ cup all-purpose flour**

- 3 cups whole milk**
- ½ cup heavy whipping cream**
- 2 teaspoons apple cider vinegar**
- 1½ teaspoons kosher salt**
- ⅛ teaspoon garlic powder**
- ⅛ teaspoon ground black pepper**

- 1.** In a large skillet, cook sausage over medium-high heat, stirring until browned and crumbly,

approximately 10 minutes. Sprinkle flour over sausage, stirring to coat. Gradually whisk in milk and cream. Stir in vinegar, salt, garlic powder, and pepper. Bring to a simmer, whisking constantly, until thickened, approximately 10 minutes. Serve immediately over warm Buttermilk Biscuits.



Visit tasteofthesouthmagazine.com for our French Toast Sticks recipe.

CHICKEN BISCUITS

Yield: 6 servings

Crispy fried chicken tucked into a fluffy biscuit is our favorite breakfast any day of the week.

- 2 boneless skinless chicken breasts**
- 1 cup whole buttermilk**
- 1 tablespoon hot sauce**
- 5 teaspoons kosher salt, divided**
- 1½ cups all-purpose flour**
- 2 teaspoons ground black pepper**
- Canola oil, for frying**
- 6 Buttermilk Biscuits (recipe on page 49)**

- 1.** Place a wire rack on a rimmed baking sheet. Set aside.
- 2.** Place chicken on a cutting board; cover with plastic wrap. Using a rolling pin, gently pound chicken to flatten to ¼-inch thick. Cut into 6 portions.
- 3.** In a large resealable plastic bag, combine chicken, buttermilk, hot sauce, and 2 teaspoons salt. Refrigerate 30 minutes.
- 4.** In a shallow dish, stir together flour, remaining 3 teaspoons salt, and pepper. Remove chicken from buttermilk mixture, draining excess. Dredge chicken in flour mixture,

shaking off excess. Set aside.

- 5.** In a large cast-iron skillet, add canola oil to halfway full. Heat over medium-high heat until a deep-fry thermometer reads 350°. Working in batches, cook chicken, turning occasionally, until golden brown on all sides and a meat thermometer inserted in thickest portion reads 165°, approximately 10 minutes. Let cool slightly on prepared rack.
- 6.** Serve warm between split Buttermilk Biscuits.

THEY'RE ESPECIALLY
DELICIOUS!

Cereal Desserts

FEEL LIKE A KID AGAIN WITH THESE SWEET TREATS
INSPIRED BY OUR FAVORITE BREAKFAST CEREALS



PHOTOGRAPHY BY JIM BATHIE / RECIPE DEVELOPMENT AND FOOD STYLING BY ALLENE ARNOLD
PHOTO STYLING BY KATHERINE TUCKER

FRUITY PEBBLES CONFETTI CUPCAKES

Yield: 2½ dozen cupcakes

Tastier than traditional sprinkles-filled cupcakes, these cuties are bursting with bright flavor.

- 1 cup unsalted butter, softened**
- 2 cups sugar**
- 4 large eggs**
- 1 teaspoon vanilla extract**
- 2½ cups cake flour, such as Swans Down**
- 1 tablespoon baking powder**
- ¼ teaspoon kosher salt**
- 1 cup heavy whipping cream**
- 1 cup fruit-flavored cereal, such as Fruity Pebbles**
- Cream Cheese Frosting (recipe follows)**
- Garnish: miniature novelty marshmallows, such as Lucky Charms**

- 1.** Preheat oven to 350°. Line 2½ dozen muffin cups with paper liners. Set aside.
- 2.** In a large bowl, beat butter and sugar at medium speed with an electric mixer until fluffy, 3 to 4 minutes, stopping occasionally to scrape sides of bowl. Add eggs, one at a time, beating well after each addition. Beat in vanilla.
- 3.** In a medium bowl, stir together flour, baking powder, and salt. With mixer on low speed, add flour mixture to butter mixture in thirds, alternating with cream, beginning and ending with flour mixture. Beat in cereal until combined. Spoon batter into prepared muffin cups, filling two-thirds full.
- 4.** Bake until a wooden pick inserted in center comes out clean, 15 to 18 minutes. Let cool in pans 10 minutes. Remove from pans, and let cool completely on wire racks.
- 5.** Spread Cream Cheese Frosting on tops of cupcakes. Garnish with marshmallows, if desired.

CREAM CHEESE FROSTING

Yield: approximately 4 cups

- ½ cup unsalted butter, softened**
- 1 (8-ounce) package cream cheese, softened**
- 1 teaspoon vanilla extract**
- 6 cups confectioners' sugar**

- 1.** In a large bowl, beat butter, cream cheese, and vanilla at high speed with an electric mixer until creamy. Reduce speed to low. Add confectioners' sugar, ½ cup at a time, beating until smooth after each addition.





GOLDEN GRAHAM'S S'MORES PIE

Yield: 1 (9-inch) pie

No campfire is required for this marshmallow-topped fudgy dark chocolate pie.

Crust:

- 3 cups honey and graham-flavored cereal, such as Golden Graham's**
- 3 tablespoons unsalted butter, melted**
- 1 large egg white**
- 1/4 teaspoon kosher salt**

Filling:

- 6 tablespoons unsalted butter**
- 4 ounces bittersweet chocolate, chopped**
- 3 large eggs**
- 1 cup sugar**
- 1/4 cup firmly packed light brown sugar**
- 1/2 teaspoon vanilla extract**
- 3/4 cup all-purpose flour**
- 1/4 teaspoon baking powder**
- 1/4 teaspoon kosher salt**
- 2 cups marshmallows**

Garnish: cinnamon-flavored cereal, such as Cinnamon Toast Crunch

1. Preheat oven to 350°.
2. For crust: In the work bowl of a food processor, pulse Golden Graham's until finely ground. Add melted butter, egg white, and salt, pulsing until combined. Using the bottom of a measuring cup, press mixture into bottom and up sides of a 9-inch pie plate.
3. Bake until firm, approximately 12 minutes. Let cool.
4. For filling: Place a large heatproof bowl over a saucepan filled halfway full with simmering water. Add butter and chocolate to bowl. Whisk occasionally, until melted, approximately 10 minutes. Remove from heat. Whisk in eggs, sugars, and vanilla until combined.

5. In a medium bowl, whisk together flour, baking powder, and salt. Whisk flour mixture into chocolate mixture until combined. Pour into prepared crust.

6. Bake until center is set, approximately 35 minutes. Top with marshmallows; bake until marshmallows are toasted, approximately 10 minutes more. Garnish with Cinnamon Toast Crunch, if desired.

NO-BAKE CEREAL COOKIES

Yield: approximately 24 cookies

Enrobed in chocolate-cookie butter goodness, these light and crunchy treats are addictively snackable.

- 1 cup cookie butter, such as Biscoff**
 - 1 cup semisweet chocolate morsels**
 - 3 cups crispy rice and corn cereal, such as Crispix**
 - 1 cup chocolate-flavored cereal, such as Cocoa Krispies**
- Garnish: confectioners' sugar**

1. Line 2 rimmed baking sheets with parchment paper.
2. In a large saucepan over medium-low heat, stir together Biscoff and chocolate until melted. Stir in cereals until combined. Drop heaping tablespoonfuls of mixture onto prepared pans. Let cool 1 hour at room temperature; refrigerate 30 minutes. Garnish with confectioners' sugar, if desired. Cover, and refrigerate up to 5 days.

Kitchen TIP

Be sure to refrigerate these cookies for 30 minutes before garnishing with confectioners' sugar.





CARAMEL-APPLE JACKS BUNDT CAKE

Yield: 10 to 12 servings

Crunchy cereal bits and homemade caramel fill this Bundt cake with rich flavor.

- 3 cups apple-flavored cereal, such as Apple Jacks**
- 1¼ cups unsalted butter, softened**
- 1 cup sugar**
- ½ cup firmly packed dark brown sugar**
- 6 large eggs**
- 1 teaspoon vanilla extract**
- 3 cups all-purpose flour**
- ½ teaspoon kosher salt**
- ½ teaspoon baking powder**
- 1 teaspoon ground cinnamon**
- ½ teaspoon ground allspice**
- ½ teaspoon ground nutmeg**
- ½ cup sour cream**

Caramel Sauce (recipe follows)

Garnish: Apple Jacks

1. Preheat oven to 350°. Spray a 15-cup Bundt pan with nonstick baking spray with flour. Set aside.

2. In the work bowl of a food processor, pulse cereal until finely ground. Set aside.

3. In a large bowl, beat butter and sugars at medium speed with an electric mixer until fluffy, 3 to 4 minutes, stopping occasionally to scrape sides of bowl. Add eggs, one at a time, beating well after each addition. Beat in vanilla.

4. In a medium bowl, stir together flour, ground cereal, salt, baking powder, cinnamon, allspice, and nutmeg. With mixer on low speed, add flour mixture to butter mixture in thirds, alternating with sour cream, beginning and ending with flour mixture. Beat until combined. Spoon batter into prepared pan, smoothing top with an offset spatula.

5. Bake until a wooden pick inserted near center comes out clean, approximately 1 hour. Let cool in pan 15 minutes. Remove from pan, and let cool completely on a wire rack.

6. Place cake on serving plate. Drizzle with Caramel Sauce; garnish with Apple Jacks, if desired.

CARAMEL SAUCE

Yield: approximately 1 cup

- ½ cup firmly packed dark brown sugar**
- ⅓ cup heavy whipping cream**
- ⅓ cup unsalted butter, cubed**
- ½ teaspoon kosher salt**
- ½ teaspoon ground cinnamon**

1. In small saucepan over medium-high heat, stir together sugar, cream, butter, salt, and cinnamon until smooth and mixture comes to a boil. Cook, stirring frequently, until thickened, approximately 5 minutes.

PEANUT BUTTER-CHOCOLATE CHEERIOS BARS

Yield: approximately 24 bars

Go ahead and plan on having seconds (and thirds) of these crave-worthy peanut buttery bars.

- 3 tablespoons unsalted butter**
- 3½ cups miniature marshmallows**
- ½ cup crunchy peanut butter**
- 3 cups chocolate-flavored cereal, such as Chocolate Cheerios**
- 3 cups peanut butter-flavored cereal, such as Peanut Butter Crunch**

1. Spray a 13x9-inch baking dish with nonstick cooking spray. Set aside.

2. In a large saucepan, melt butter over low heat. Add marshmallows and peanut butter, stirring frequently, until melted, approximately 8 minutes. Stir in cereals until coated. Remove from heat.

3. Using a spatula coated with nonstick cooking spray, press mixture in an even layer in prepared dish. Let cool 1 hour. Cut into 2-inch squares. Store in an airtight container up to 3 days.



Cane Syrup

**A SOUTHERN
SWEETENER
DESERVING OF
REMEMBRANCE**

BY GINNY HEARD



Sugar, molasses, honey: these are certainly all sweet, but often lacking in nuanced flavor and golden ribboning goodness. Cane syrup, made by a process well loved by those who uphold the tradition, and a product becoming more and more esteemed in kitchens large and small across the South, has character to spare. The cane syrup tradition grew out of an economy that was based on sugarcane production. This is especially true in Louisiana, where sugarcane is an integral part of its history. Brought to the area by Jesuits over 200 years ago, sugarcane helped define the lifestyles of the people who depended on its success. While the sugarcane business focused on the exportation of white granulated sugar to Europe, those who actually grew the cane learned to use what they had available to them. This old-fashioned sweetener is the product of the first boiling of sugarcane juice, a process that greatly reduces the liquid content and caramelizes the sucrose in the juice. The tradition is time-consuming and labor intensive, but the result is a thick, sweet liquid perfect for drizzling on biscuits and, well, just about anything.

While practical in purpose at the onset, cane syrup and the making thereof became a cultural custom, something passed down from generation to generation. Sadly, like with so many traditions, the number of people who continue to make cane syrup has dwindled over the years. There are some, however, who think the process is worth saving, and have set out to do just that. One of these advocates is Youngsville, Louisiana's Charles Poirier of Poirier's Cane Syrup, who is in his ninth season of making cane syrup. Charles loves the process and does everything himself, from planting, cultivating, harvesting, and milling the cane to cooking and bottling the syrup. His initial interest came when he learned that his great-great-grandfather grew cane and made syrup. The tradition had not been picked up by other relatives along the way, so when Charles began working with sugarcane he felt that it was a tribute to his family history.

"It's important to keep up the traditions of the area," Charles notes, telling me that he has a number of heirloom varieties of cane. A lot of these varieties have been almost lost. He estimates that he has made syrup with 15 to 20 different types of cane, and has settled on a favorite—one that he feels produces the best quality and flavor. "I know which one I like most and I stick with that now," he says. His syrup is clean and light, and if you've ever chewed on a piece of sugar cane, you've had a hint of how it tastes. "Take that taste and multiply it by 100, and then add a touch of caramel," Charles explains.

Charles started with a small set-up in his backyard. After finding a mill, he started cooking cane juice down in a 15-gallon cracklin' pot. At this point, he was making syrup mainly for himself, family, and friends. They encouraged him to sell it to the public, but he had a difficult time breaking even at the price point people

expected. “I don’t think everyone realizes how much labor is actually involved in it,” he told us. Thinking that retail wasn’t worth his while, Charles was about to give it up, when a Southern food blogger called and said that he would buy everything Charles could produce the next year. Little did Charles know that the blogger was giving the product to chefs and others in the culinary world.

As soon as Charles got going, he ran into a snag—at the time it was illegal to sell homemade cane syrup in Louisiana. Charles called his state representative, who brought it up to the Louisiana House of Representatives. “I got a call that they were going to vote on the legalization of the sale of cane syrup, and that they needed 108 miniature bottles of syrup for the House to try,” Charles said. The new act passed quickly, undoubtedly so the representatives could get back to their cane syrup. Since then, Charles’ business has taken off. He still sells bottles out of his home and delivers to restaurants in New Orleans and Lafayette. “Every year I more than double what I made the previous year, and I still sell out,” he says.

Charles has his process down pat these days. He prefers his syrup lighter in color and taste, which he ensures by making each batch slowly so he can control how much it caramelizes. “You can hold up one of my bottles to the sunlight and see your fingers on the other side of the bottle,” Charles says. After the sugar cane is run through a press and the juice is extracted, it is set to boil in an enormous cast-iron kettle. It boils for hours before the heat is taken away from the pot, a task known as “pulling the fire.” But once the time comes, everything happens quickly. A watched pot suddenly becomes a precise experiment; a few degrees make a world of difference, determining if you get syrup or if you’ll have to convince yourself you’re happy with the idea of hardened candy. Charles is better able to control his batches by using propane to fire his kettle. This isn’t as traditional as a wood-fed fire, but it gets the job done with more accuracy. Plus, in a place like Youngsville, which has limited wooded areas, finding food for the fire is a job unto itself. He’d rather focus on the syrup.

“If you’ve ever chewed on a piece of sugar cane...take that taste and multiply it by 100, and then add a touch of caramel.”

When asked if there is a part of the process that he dreads, Charles was very upbeat. “Sometimes you have growing pains,” he explained. “I cut all the cane by hand, and I’m not getting any younger, so that weighs a bit heavy on me sometimes.” Bottling is a slow process, as well, at the pace of one bottle at a time. Next season, he is looking to get a bottling machine that will accelerate and simplify this process. But these seem to be small annoyances in a worthwhile process. “Everything I do with it I absolutely love—I never get tired of it,” he says. “Going from the field to the kettle to the final product in the bottle, and seeing people’s expressions when they taste it—it’s the best.”

Charles plans to continue the tradition of making cane syrup and share his knowledge and techniques with others. “It’s something that has been fading away, so I’m trying to bring it back,” he told us. Whenever people ask about it, or want to see the process, Charles welcomes them. “I’m trying to pass it on—I don’t know that one person is enough,” he explains. “Hopefully, when I get too old to do this somebody will be interested in picking it up. I’ll probably give them everything I have.” 🍯

Honoring the Tradition

There are a number of historical societies around the South doing their part to preserve the tradition of cane syrup.

HERITAGE SYRUP FESTIVAL HENDERSON, TEXAS

Always the second Saturday in November, the Heritage Syrup Festival is a folk life festival that features syrup-making demonstrations alongside other traditional activities. Located on the grounds of the Depot Museum, syrup makers use the museum’s antique equipment—still powered by a mule—to make the old-fashioned favorite.

866.650.5529
hendersontx.us

RAISING CANE & SYRUP TASTING PIONEER FLORIDA MUSEUM DADE CITY, FLORIDA

The Pioneer Florida Museum has had volunteers making cane syrup for years. The museum boasts its own cane patch, which yields just enough juice to produce a half a batch of syrup on its own, to which other “backyard” cane patches from around the area are added. The first cooking of the syrup season is often held before Thanksgiving, but volunteers continue to cook a few times a month until late February. Visitors are invited to watch the process and sneak a taste of the syrup.

352.567.0262
pioneerfloridamuseum.org

SYRUP SOPPING DAY LOACHAPOKA, ALABAMA

This syrup festival has been going since 1972. Area farmers are known for making some of the best-tasting cane syrup around. This historical fair draws quite a crowd, taking the small town’s population from 135 to 20,000 for the day.

334.707.7454
syrupsopping.org

Learn more about Poirier’s Cane Syrup on their Facebook page. For product availability, email charlespoirier73@gmail.com.





PHOTOGRAPHY BY JOHN O'HAGAN

There are many reasons I am thankful to live in the South, and an early spring is one of them. I don't mind a little cold weather every now and then, but I always welcome the warm sunshine.

This month's menu embraces many spring flavors and will hopefully introduce your supper club to a few techniques that will help improve everyone's cooking skills.

The Roasted Beet and Orange Salad will show you how easy (and not messy!) it is to roast beets, and segmenting citrus is a simple technique every home cook can master. Finally, many cooks think making risotto is challenging, but it is actually one of the easiest dishes to prepare. You can adapt it to any season, and it will make you look like a kitchen genius. 🍴





MENU

SMOKED SALMON DEVILED EGGS
ROASTED BEET AND ORANGE SALAD
SPRINGTIME ASPARAGUS RISOTTO
MINI CHEESECAKES
WITH MARINATED STRAWBERRIES





SUPPER CLUB EASY PREP PLAN

HOST

SPRINGTIME ASPARAGUS RISOTTO

Start risotto before guests arrive. When it is about halfway cooked, cover, and remove from heat. About 20 minutes before dinner is served, finish cooking risotto. Stir in asparagus and cheese.

GUEST 1

SMOKED SALMON DEVILED EGGS

I usually make my filling ahead of time and stuff the eggs just before serving. These beauties are difficult to transport once assembled and garnished.

GUEST 2

ROASTED BEET AND ORANGE SALAD

This salad can be prepared ahead and tossed with the dressing just before serving. I love serving my salads on a large platter rather than in a bowl to ensure the toppings don't fall to the bottom.

GUEST 3

MINI CHEESECAKES WITH MARINATED STRAWBERRIES

Make the cheesecakes ahead of time, and marinate the berries before supper club. Allow the cakes and berries to sit at room temperature while you enjoy dinner.

GUEST 4

FRESH BREAD

Find a local bakery that makes really good bread to pair with the risotto. I always serve mine with Georgia Olive Oil for dipping.

GUEST 5

SPARKLING WINE FOR APPETIZER

I recently fell in love with Jardin en Fleurs sparkling Vouvray from the Loire Valley. It has a touch of residual sugar, but is slightly acidic. It is by no means sweet. For about \$14, you can't beat this French sparkling wine.

GUESTS 6 AND 7

WINE FOR DINNER

Asparagus is a tricky vegetable to pair wines with, and you generally want to avoid serving it with oak-heavy whites. A drier Pinot Grigio or an Oregon Pinot Gris goes nicely with the creamy risotto.



When I was growing up, deviled eggs were always on the menu.

While I still love traditional deviled eggs, this updated version is one of my favorites.

Smoked Salmon Deviled Eggs

Yield: approximately 8 servings

- 8 large eggs
- 1½ tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon capers, finely chopped
- 1 teaspoon caper brine (from caper jar)
- 1 tablespoon finely chopped smoked salmon
- ½ tablespoon finely chopped red onion
- ½ teaspoon ground black pepper

Garnish: fresh parsley leaves, chopped fresh chives, pepper

FIRST In a medium saucepan, place eggs. Add cold water to cover by 1 inch. Bring to a boil over medium-high heat. Cover, and remove from heat. Let stand 8 minutes; drain. Place eggs in a bowl of ice water and let cool.

NEXT Gently peel each egg, and cut in half lengthwise. Set whites aside. In a medium bowl, place yolks. Mash yolks with a fork; stir in mayonnaise, mustard, capers, brine, salmon, and onion. Stir in pepper.

LAST Spoon yolk mixture into egg white halves; garnish with parsley, chives, and pepper, if desired. Refrigerate until ready to serve.

I serve this salad family style because it is so beautiful and full of color. Using a large platter makes it easier to serve and keeps all the “good stuff” from settling to the bottom.



Roasted Beet and Orange Salad

Yield: approximately 8 servings

- 3 medium red or golden beets**
- 3 tablespoons fresh orange juice**
- 1½ tablespoons rice wine vinegar**
- 1½ teaspoons Dijon mustard**
- 1 teaspoon honey**
- 1 teaspoon chopped fresh thyme**
- ¼ teaspoon smoked paprika**
- 5 tablespoons olive oil**
- 1 teaspoon kosher salt**
- Pinch ground black pepper**
- 1 (6-ounce) container baby arugula**
- 2 oranges, peeled and cut into segments**
- ½ cup toasted pecans**

FIRST Preheat oven to 400°. Cut tops and bottoms from beets. Wrap each beet in aluminum foil; place on rimmed baking sheet. Bake until tender when pierced with a knife, approximately 40 minutes. Let cool. Unwrap beets; rub with paper towels to remove peel. Cut into wedges. Set aside.

NEXT In a small bowl, whisk together orange juice, vinegar, mustard, honey, thyme, and paprika. Gradually add oil, whisking constantly. Season with salt and pepper.

LAST In a large bowl, toss beets, arugula, and orange with enough dressing to lightly coat. Arrange on a serving platter; sprinkle with pecans.

How to Cut Orange Segments



1. Slice ¼-inch from top and bottom of orange.



2. Place orange flat side down. Slowly slice downward between peel and orange flesh, removing peel and white pith.



3. Carefully slice in between membranes to release orange segments.

Springtime Asparagus Risotto

Yield: approximately 8 servings

- 10 cups reduced-sodium chicken broth**
- 2 tablespoons olive oil**
- ½ cup finely chopped shallot**
- 2½ cups Arborio rice**
- 1 cup dry white wine**
- 1 pound thin asparagus, tough ends removed and cut into 2-inch pieces**
- ¼ cup finely chopped fresh parsley**
- 2 tablespoons finely chopped fresh mint**
- 2 teaspoons fresh lemon juice**
- 1¼ teaspoons kosher salt**
- ¼ teaspoon ground black pepper**
- ⅔ cup finely grated Parmesan cheese, plus additional to serve**
- 4 slices cooked bacon, crumbled**

Risotto is a dish that will make any novice cook look like an expert in the kitchen.

It's very easy to prepare—all you need is patience, and maybe a glass of wine.

FIRST In a large saucepan, bring broth to a simmer over medium heat; reduce heat to low. In a Dutch oven, heat olive oil over medium heat. Add shallot, stirring occasionally, until softened, approximately 4 minutes. Add rice, stirring constantly, until grains are translucent around edges, approximately 3 minutes. Stir in wine until absorbed.

NEXT Add ½ cup of warm broth to rice, stirring until nearly absorbed. Continue adding broth, ½ cup at a time, stirring until absorbed after each addition, until rice is creamy and slightly tender, 20 to 25 minutes. Stir in asparagus, parsley, mint, lemon juice, and any remaining broth. Season with salt and pepper; stir in ⅔ cup Parmesan.

LAST To serve, top with Parmesan and crumbled bacon, if desired.



Mini Cheesecakes with Marinated Strawberries

Yield: 18 servings

Crust:

- 12 graham cracker sheets**
- 6 tablespoons melted butter**

Filling:

- 11 ounces goat cheese, softened**
- ½ cup sugar**
- 2 tablespoons honey**
- 1 teaspoon lemon zest**
- 1 teaspoon fresh lemon juice**
- 1 teaspoon vanilla extract**
- 6 large eggs, separated and divided**
- 3 tablespoons all-purpose flour**

Topping:

- 3 cups sliced strawberries**
- 1 teaspoon sugar**
- 1 teaspoon balsamic vinegar**

FIRST Preheat oven to 350°. In the work bowl of a food processor, pulse graham crackers into fine crumbs. Add melted butter, pulsing to combine. Line 18 muffin cups with paper liners. Place a heaping tablespoon of crumb mixture into each cup. Using your fingers, press mixture into bottom of liners. Bake until lightly browned, approximately 7 minutes.

NEXT In a medium bowl, beat goat cheese, sugar, honey, lemon zest and juice, and vanilla at medium speed with an electric mixer until smooth and creamy, approximately 3 minutes. Add half of egg yolks, beating until smooth. Add remaining egg yolks, beating just until combined, scraping sides of bowl as needed. Set aside. In another medium bowl, using clean beaters, beat egg whites until soft peaks form. Stir in half of egg white mixture into batter until combined. Gently fold in remaining egg whites until just combined. Spoon 3 tablespoons batter into each muffin cup. Bake until set but still soft in center, approximately 10 minutes. Remove from oven, and let cool. Cover, and refrigerate until ready to serve, up to 2 days.

LAST In a medium bowl, stir together strawberries, sugar, and vinegar. Let stand 15 minutes. To serve, carefully peel away liners from cakes. Top with strawberry mixture.



Not too sweet, these cheesecakes are made with creamy, mild goat cheese and are lighter than their cream cheese counterparts. Send home extras with each supper club member, or be sneaky and keep them for yourself!

TASTE OF TRADITION

FIVE WAYS WITH

banana bread

A Southern standard quick on the rise


RECIPE DEVELOPMENT AND FOOD STYLING BY KATHLEEN KANEN

For any Southerner with an oven, banana bread is a familiar friend, with a scent and taste reminiscent of childhood. Memories of banana bread are ubiquitous—whether those memories are of taking part in the baking or of contributing talents in the eating department. We'd venture to say that any self-respecting Southern baker has a recipe for this quick bread stashed away on a tattered index card, if not etched into his or her memory.


Banana bread is a quick bread, which uses chemical leaveners like baking soda and baking powder, rather than yeast. The carbon dioxide that is released leavens the bread immediately, while yeast takes time to grow. Prior to the development of baking soda and powder, American cooking called for pearl ash, which was produced by passing water through hardwood ashes, and then evaporating the leached lye into potassium carbonate. This leavened the bread and could be stabilized by a mild acid, like cream of tartar. Once baking

powder was introduced in the mid 1800s, however, pearl ash was quickly replaced.

The introduction of these chemical leaveners so late in history means, of course, that banana bread recipes as we know them are relatively new. In fact, banana bread did not become a go-to treat until the 1930s, when it appeared in Pillsbury's 1933 *Balanced Recipes* cookbook. Bananas were only starting to be incorporated into a few desserts at this point, though they were introduced in the United States in the 1870s. There is some speculation, as well, that the Great Depression aided bakers and housewives in becoming more creative with their ingredients—like finding ways to use bananas that were past their prime. At about the same time, companies were pushing, and housewives accepting, baking soda and powder into home kitchens.

Banana bread has become an American cookbook standard, with many variations, including chopped walnuts and pecans, dried and candied fruit, and chocolate chips. The recipes call for the sweetness that comes with overly ripe bananas—a perfect opportunity for that bunch you didn't quite get to in time. And while lean times and scientific advances may have propelled banana bread to popularity, its ease of preparation and delicately sweet flavor have helped the quick bread maintain its place in the Southern baking canon. 





Be sure to use very ripe bananas for the most sweetness and flavor.

CLASSIC BANANA BREAD

Yield: 1 (9-inch) loaf

With just the right amount of sweetness, this quick bread is perfect for both breakfast and dessert.

- 1/3 cup whole buttermilk**
- 1 teaspoon baking soda**
- 1/2 cup unsalted butter, softened**
- 1 cup sugar**
- 2 large eggs**
- 2 1/4 cups all-purpose flour**
- 1/2 teaspoon salt**
- 1/2 teaspoon ground cinnamon**
- 1/4 teaspoon ground nutmeg**
- 1 1/2 cups mashed banana (about 3 medium bananas)**
- 1 teaspoon vanilla extract**

- 1.** Preheat oven to 325°. Spray bottom only of a 9-inch loaf pan with nonstick baking spray with flour. Set aside.
- 2.** In a small bowl, stir together buttermilk and baking soda; let stand 5 minutes.
- 3.** In a large bowl, beat butter and sugar at medium speed with an electric mixer until fluffy, 3 to 4 minutes, stopping occasionally to scrape sides of bowl. Add eggs, one at a time, beating well after each addition.
- 4.** In a medium bowl, whisk together flour, salt, cinnamon, and nutmeg. Add flour mixture, buttermilk mixture, and banana to butter mixture. Beat at low speed until combined. Beat in vanilla. Spoon batter into prepared pan, smoothing top with an offset spatula.
- 5.** Bake until a wooden pick inserted in center comes out clean, approximately 1 hour and 10 minutes. Let cool in pan 10 minutes. Remove from pan, and let cool completely on a wire rack.

TWO



BANANA BREAD PUDDING

Yield: approximately 10 servings

Drizzled with rum sauce, this dessert reminds us of Bananas Foster.

Classic Banana Bread, cut into 1-inch cubes (recipe on page 66)

- 6 large eggs**
- 4 cups whole milk**
- ½ cup sugar**
- 2 tablespoons unsalted butter, melted**
- 1 teaspoon vanilla extract**
- ¼ teaspoon salt**

Banana-Rum Sauce (recipe follows)

1. Spray a 13x9-inch baking dish with nonstick baking spray with flour. Place bread cubes in prepared dish.
2. In a medium bowl, whisk together eggs, milk, sugar, melted butter, vanilla, and salt. Pour over bread cubes; gently press bread into mixture. Cover, and refrigerate 3 hours.
3. Preheat oven to 350°. Uncover, and bake until set, approximately 40 minutes. Drizzle with Banana-Rum Sauce.

BANANA-RUM SAUCE

Yield: approximately 3 cups

- ½ cup unsalted butter**
- ½ cup firmly packed dark brown sugar**
- ½ cup dark rum**
- 2 tablespoons dark corn syrup**
- 2 tablespoons heavy whipping cream**
- ¼ teaspoon salt**
- 2 cups sliced banana**
- ½ cup toasted pecans, chopped**
- 2 teaspoons fresh lemon juice**

1. In a large skillet, stir together butter, brown sugar, rum, corn syrup, cream, and salt. Bring to a boil over medium-high heat; cook, stirring occasionally, 2 minutes. Reduce heat to medium-low. Add banana, pecans, and lemon juice; cook until banana is slightly softened, approximately 2 minutes.



BANANA BREAD PANCAKES

Yield: approximately 10 pancakes

Calling all husbands and kids: these pancakes are perfect for Mother's Day!

- 2¾ cups self-rising flour**
 - ⅓ cup sugar**
 - ½ teaspoon ground cinnamon**
 - ¼ teaspoon ground nutmeg**
 - 2 cups whole buttermilk**
 - 1 cup mashed banana**
 - 2 large eggs**
 - 3 tablespoons unsalted butter, melted and slightly cooled**
 - 1 teaspoon vanilla extract**
 - 1 tablespoon vegetable oil**
- Pineapple-Pecan Syrup (recipe follows)**

1. In a large bowl, stir together flour, sugar, cinnamon, and nutmeg. In a medium bowl, stir together buttermilk, banana, eggs, melted butter, and vanilla. Pour over flour mixture, stirring just until combined (batter will be slightly lumpy).
2. Brush a large nonstick skillet or griddle with oil; heat over medium heat. For each pancake, spoon approximately ½ cup batter in prepared skillet or

THREE

griddle, spacing 1 inch apart. Cook until bubbles appear on surface and bottoms are golden brown, 2 to 3 minutes. Flip pancakes; cook until bottoms are golden brown, 2 to 3 minutes more. Serve with Pineapple-Pecan Syrup.

PINEAPPLE-PECAN SYRUP

Yield: approximately 2½ cups

- 1½ cups firmly packed dark brown sugar**
- 1 cup water**
- 3 tablespoons dark corn syrup**
- 1½ tablespoons unsalted butter**
- ¼ teaspoon salt**
- 1½ cups chopped fresh pineapple**
- ½ cup chopped toasted pecans**
- 2 teaspoons fresh lemon juice**

1. In a large saucepan, combine brown sugar, 1 cup water, corn syrup, butter, and salt. Bring to a boil over medium-high heat. Cook, stirring occasionally, until mixture begins to thicken, approximately 8 minutes. Remove from heat. Stir in pineapple, pecans, and lemon juice.



FOUR

Kitchen TIP

If refrigerating overnight, add whipped cream, coconut, and bananas just before serving.



BANANA BREAD ICEBOX DESSERT

Yield: approximately 10 servings

Homemade pudding soaks into this banana bread cake, creating a super-moist and decadent dessert.

Classic Banana Bread batter (recipe on page 66), unbaked

Homemade Vanilla Pudding (recipe follows)

3 medium bananas, sliced

5 cups sweetened whipped cream

½ cup sweetened flaked coconut, toasted

Garnish: banana slices

1. Preheat oven to 325°. Spray a 13x9-inch baking dish with nonstick baking spray with flour. Spoon Classic Banana Bread batter into prepared dish, smoothing top with an offset spatula.
2. Bake until a wooden pick inserted in center comes out clean and top is lightly browned, approximately 35 minutes. Let cool on a wire rack 10 minutes.
3. Using the handle of a wooden spoon, poke holes in cake. Spread Homemade Vanilla Pudding over cake. Arrange banana over pudding. Spread whipped cream over banana; sprinkle with coconut. Cover, and refrigerate at least 2 hours or overnight. Garnish with banana, if desired.

HOMEMADE VANILLA PUDDING

Yield: approximately 5 cups

1 cup sugar

½ cup all-purpose flour

¼ teaspoon salt

4 cups whole milk

4 large egg yolks

1 teaspoon vanilla extract

1. In a large saucepan, combine sugar, flour, and salt; whisk in milk. Bring to a boil over medium-high heat, stirring constantly. Remove from heat.
2. Place egg yolks in a medium bowl. Whisk half of hot milk mixture into egg yolks. Whisk egg yolk mixture into remaining milk mixture in pan. Cook over medium-low heat, stirring constantly, until thickened and bubbly, approximately 3 minutes. Stir in vanilla. Fill a large heatproof bowl with ice; place pan in ice. Let stand until pudding is slightly warm, stirring occasionally.

GRILLED PEANUT BUTTER AND BANANA BREAD SANDWICHES

Yield: 2 sandwiches

It's worth making a whole loaf of banana bread just to enjoy these buttery toasted sandwiches.

- 1/4 cup creamy peanut butter**
- 4 (1/2-inch-thick) slices Classic Banana Bread (recipe on page 66)**
- 1/4 cup strawberry jam**
- 1/4 cup unsalted butter, melted**

1. Spread peanut butter on 2 slices of Classic Banana Bread; spread jam over peanut butter. Top with remaining 2 bread slices. Brush both sides of sandwiches with melted butter.
2. Heat a large skillet over medium heat; add sandwiches to pan. Cook until golden brown, approximately 3 minutes per side.

FIVE



Handed Down Recipes



THE SWANS DOWN® CAKE FLOUR DIFFERENCE

- Swans Down® Cake Flour is 27 times finer than all-purpose flour, so it makes your cakes rise higher and gives them a texture that is lighter, fluffier, and more moist.
- Swans Down® Cake Flour is great for all baked goods, not just cakes. It makes cookies more delicate, biscuits more tender, muffins more moist, pancakes fluffier, and everything more delicious.

TIPS FOR MEASURING SWANS DOWN® CAKE FLOUR

- Sift cake flour once, and then spoon desired amount into your measuring cup.
- Use a knife to scrape excess flour from measuring cup.
- Use dry measuring cups (as opposed to liquid) for measuring Swans Down® Cake Flour.

USE SWANS DOWN® CAKE FLOUR IN YOUR FAVORITE RECIPES

- To replace all-purpose flour: Sift Swans Down® Cake Flour once, and then measure 1 cup plus 2 tablespoons. (Double for 2 cups, triple for 3 cups, etc.)
- To replace self-rising cake flour: Sift Swans Down® Cake Flour once, and then measure 1 cup and add ½ teaspoon baking powder and ¼ teaspoon salt to equal 1 cup of self-rising cake flour. (Double for 2 cups, triple for 3 cups, etc.)

From grandmothers to mothers to daughters, since 1894, bakers who know have passed down the knowledge that Swans Down® Cake Flour is 27 times finer than all-purpose flour, so cakes, cookies, muffins, and more are always moist and always delicious.



CARROT CAKE COOKIES

Yield: approximately 3½ dozen cookies

- 1 cup unsalted butter, softened
 - 1½ cups firmly packed light brown sugar
 - 2 large eggs
 - 2 teaspoons vanilla extract
 - 3½ cups sifted Swans Down® Cake Flour
 - 2 teaspoons ground cinnamon
 - 1 teaspoon baking soda
 - ½ teaspoon salt
 - 2 cups old-fashioned rolled oats
 - 2 cups finely grated carrot
- Carrot Cake Cookie Glaze (recipe follows)

1. Preheat oven to 350°. Line 2 baking sheets with parchment paper. Set aside.
2. In a medium bowl, beat butter and brown sugar at medium speed with an electric mixer until fluffy. Add eggs and vanilla, beating until well combined.

3. In a small bowl, combine flour, cinnamon, baking soda, and salt. Gradually add flour mixture to batter mixture, beating until combined. Stir in oats and carrot. Cover, and refrigerate 2 hours.
4. Drop by rounded tablespoonfuls, 2 inches apart, onto prepared pans.
5. Bake until lightly browned, 12 to 14 minutes. Let cool on pans 2 minutes. Remove from pans, and let cool completely on wire racks.
6. Drizzle Carrot Cake Cookie Glaze on cookies. Let stand until dry, approximately 1 hour.

CARROT CAKE COOKIE GLAZE

Yield: approximately 2 cups

- 2 cups confectioners' sugar
- ½ cup sour cream

1. In a small bowl, combine confectioners' sugar and sour cream, stirring well to combine.



VANILLA BEAN ANGEL FOOD CAKE

Yield: approximately 12 servings

- 1½ cups sifted Swans Down® Cake Flour
- 2 cups sugar, divided
- 2 cups egg whites (from about 14 large eggs), at room temperature
- 1 teaspoon cream of tartar
- ½ teaspoon salt
- 2 vanilla beans, split lengthwise and seeds scraped and reserved
- 1 teaspoon vanilla extract

1. Preheat oven to 350°. In a medium bowl, sift together flour and 1 cup sugar. Set aside.
2. Using a stand mixer with the whisk attachment, place egg whites, cream of tartar, and salt into the work bowl. Beat at medium-high speed until soft peaks form. With mixer running, gradually add remaining 1 cup sugar, reserved vanilla bean seeds, and extract. Beat until medium moist peaks form. (Do not beat until stiff.) Transfer egg white mixture to a large bowl. Gradually fold in flour mixture just until combined. (Do not over-mix.) Gently spread batter into an ungreased 10-cup tube pan.
3. Bake until cake is firm to the touch, approximately 50 minutes.
4. Immediately upon removing cake from oven, invert pan, and place on a bottle or wire rack. Let cool completely. Using an offset spatula, loosen cake from sides of pan. Carefully remove pan.

ADVERTORIAL

BUTTERMILK CAKE WITH STRAWBERRY ICING

Yield: 10 to 12 servings

- ¾ cup unsalted butter, softened
- 1½ cups sugar
- 4 large eggs
- 3 cups sifted Swans Down® Cake Flour
- 1 tablespoon baking powder
- ¾ teaspoon salt
- 1 cup whole buttermilk
- 1½ teaspoons vanilla extract
- Strawberry Icing (recipe follows)

1. Preheat oven to 350°. Spray a 13x9-inch baking dish with nonstick baking spray with flour. Set aside.
2. In a large bowl, beat butter and sugar at medium speed with an electric mixer until fluffy, stopping occasionally to scrape sides of bowl. Add eggs, one at a time, beating well after each addition.
3. In a small bowl, stir together flour, baking powder, and salt. With mixer on low speed, add flour mixture to

butter mixture in thirds, alternating with buttermilk, beginning and ending with flour mixture. Beat in vanilla. Pour batter into prepared dish. Smooth top with an offset spatula.

4. Bake until a wooden pick inserted in center comes out clean, approximately 25 minutes. Let cool completely on a wire rack. Spread Strawberry Icing on top of cooled cake.

STRAWBERRY ICING

Yield: approximately 4 cups

- 1 (8-ounce) package cream cheese, softened
 - ½ cup unsalted butter, softened
 - ½ cup strawberry preserves
 - 5 cups confectioners' sugar
1. In a large bowl, beat cream cheese and butter at high speed with an electric mixer until smooth. Add preserves, beating until combined. Gradually add confectioners' sugar, beating until smooth.



*For great recipes and baking tips,
visit www.SwansDown.com.*



SOUTH'S BEST
Biscuits

PHOTOGRAPHY BY JOHN O'HAGAN

A
PROUD AND STRONG
TRADITION IN A
light and fluffy
FORM



Few things evoke thoughts of the South more than a warm, buttery, flaky biscuit. The perfect addition to any breakfast table, biscuits pull triple duty as a side item, a dessert, and even the main attraction of a meal. While biscuit making was once considered a necessary skill for charming folks at church socials, welcoming neighbors, and snatching up a husband, the craft has fallen by the wayside for the average person. But fear not. These Southerners are baking them the old-fashioned way—from scratch, with love.

Callie's Hot Little Biscuit

CHARLESTON, SOUTH CAROLINA

Callie's Hot Little Biscuit is the small eat-in interpretation of Carrie Morey's already successful biscuit retail company, Callie's Charleston Biscuits. For years, customers have been asking for a place to go in and pick up a hot biscuit. Callie's Hot Little Biscuit is the warm and inviting answer to this request. Built in a small space converted from an alleyway on Upper King, the restaurant sells all of her famous biscuit varieties and daily biscuit sandwich specials. But we can't get enough of the biscuit bowl—a delicious biscuit container piled high with grits and toppings.

476½ King St.

843.737.5159

callieshotlittlebiscuit.com

Photo courtesy Jason Stemple

We dish with owner
Carrie Morey on page 97.



Handsome Biscuit

NORFOLK, VIRGINIA

This small biscuit eatery has quickly grown into a hotspot with customers of all kinds—college students, business folk, and grandparents, to name a few. With a degree in molecular biology, owner David Haussman takes a decidedly scientific approach to baking his delectable sweet potato biscuits. Whether he is testing oven temperatures to see what gives the biscuits the best rise or learning to make his own vinegar, he is determined to get the best out of clean, simple flavors. With only 12 seats available at the restaurant, the line is often out the door—but the biscuits are worth the wait. Try a local favorite, the Hella Fitzgerald—a biscuit stacked with fried chicken, Cheddar cheese, bacon, and topped with their version of red eye gravy.

2511 Colonial Ave.

handsomebiscuit.com

Alabama Biscuit Company

BIRMINGHAM, ALABAMA

In a cozy and serene space in the Cahaba Heights neighborhood of Birmingham, Alabama, great things are happening to biscuits. Owner Jonathan Burch and his wife have been cooking for their family for years, a habit which turned into both a passion for food and a quest to find the highest quality and most nutritious ingredients possible. Though they never planned to open a restaurant, thinking of menu items became a road-trip pastime. When Jonathan was suddenly handed an opportunity to take over the space of a local coffee shop, he couldn't refuse. They kept the coffee and added a menu built around the spelt-grain biscuits he and his wife developed. The food has grown into an almost artistic expression, full of fresh, delicious, local, and handmade ingredients. Try the Crispy Pancetta, with fig preserves and Manchego cheese, or the Alabama, with maple butter sauce and soaked and roasted pecans. Alabama Biscuit Company gets busy on the weekends, so go in early, before your favorite biscuit sells out. If you live too far away to make a trip as often as you'd like, you can still enjoy the biscuits—their mix is available in the store and on their website.

4133 White Oak Dr.

205.578.2553

alabamabiscuit.com

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The Silver Skillet

ATLANTA, GEORGIA

This treasured 1950s diner provides the perfect nostalgic atmosphere for enjoying an equally perfect biscuit. The authentic boomerang-patterned countertops and tables are ready for your elbows and jelly splatters. Their biscuit recipe originated with owner Teresa Breckenridge's grandmother and was passed down to her, along with the restaurant, by her father. The pans used to bake the biscuits are 50 years old and very well seasoned at this point. Customers notice the difference these pans make, and regulars know to ask for how they prefer their biscuits, from the corner or the middle of the pan. If the biscuit that comes on the side of each breakfast order isn't enough, don't fret—their breakfast menu has a section fully dedicated to biscuits, with all the traditional toppings you need.

200 14th St. NW

404.874.1388

thesilverskillet.com



Biscuit King

FAIRHOPE, ALABAMA

The Biscuit King, a tradition in the Fairhope, Alabama, area, came to be after owner Willie Foster claimed he could make a better biscuit than his wife. Then he had to prove it. He toiled over a hot skillet and oven until he perfected his biscuit recipe and dreamt up his "ugly biscuit." After getting a reluctant approval from his wife, Nancy, Willie tried his creation out on a small scale, where it was a hit. Biscuit King's "home of the ugly biscuit" slogan is well known and well deserved, though the insult stops there. These delicious and decadent biscuits are made individually and have ingredients such as bacon, egg, and cheese combined and cooked inside. With a fun, laid-back atmosphere, the Biscuit King is a favorite of locals, kids, and visitors—the latter are often known to take home a half dozen biscuits to friends and family. If you're visiting on a weekend, be sure you're not in a hurry—you won't be the only one in line for a biscuit!

9501 County Rd. 24

251.928.2424

Big Bad Breakfast

OXFORD, MISSISSIPPI

BIRMINGHAM, ALABAMA

When it comes to Southern breakfast food, Big Bad Breakfast has you covered and then some. Chef John Currence's biscuits are the result of his realization 20 years ago that he had never spent time making biscuits. He found himself embarrassed to have somehow skipped over this fundamental element of Southern cooking, so he set his sights toward biscuit-making perfection. For years in his kitchens he held "who can make the best biscuit" competitions, and the winner would carry the title as a badge of honor. Eventually, he ended up with his current version: a fluffy, layered, and light cathead biscuit with black pepper and a hint of sweetness. Eat them as biscuit sandwiches or smother them with gravy. Order a helping at either of Big Bad Breakfast's locations.

Oxford:

719 N. Lamar

662.236.2666

citygroceryonline.com/restaurant.php?bbb

Birmingham:

5361 U.S. Hwy. 280

205.490.7568

facebook.com/bigbadbreakfastbham

Biscuit Love

NASHVILLE, TENNESSEE

What started in 2012 as a roaming food truck has found a more permanent spot in the Gulch. Owners Karl and Sarah Worley both attended culinary school and knew they wanted to branch out on their own. After much discussion, they realized Karl's passed-down biscuit recipe was a perfect focus and a great canvas upon which to showcase Southern flavors. Biscuit Love has love for more than just biscuits, though—in many of their menu items, they give a nod to worthy tastemakers who have inspired them. Their hot chicken Princess sandwich, for instance, references Nashville's hot chicken institution, Prince's. Karl and Sarah source ingredients locally as often as they can, from what goes into the biscuits to what goes on top of them. Don't miss out on their new ham bar, where you will find five or six regionally sourced country hams sliced to order. The restaurant might be stationary now, but these light and buttery biscuits are still flying out of the kitchen.

316 11th Ave. S.

615.490.9584

biscuitlovetruck.com



Photo by Mac Jamieson

Husk

CHARLESTON, SOUTH CAROLINA

Chef Sean Brock learned to cook biscuits when he was a kid and has been practicing ever since. He believes biscuit making is one of those things in which practice makes perfect. With the biscuits at Husk, he works for a balance of crispiness, fluffiness, and chew. The recipe is a combination of techniques he has learned over the years, first from his grandmother and later while he worked with Chef Bob Carter at the Peninsula Grill in Charleston. Sean adds freshly cracked black pepper and presents the finished biscuits with Benton's sack sausage gravy, or occasionally, shaved country ham. While Husk's menu changes daily, the biscuits can almost always be found—a good thing, as these comforting and fluffy rounds are addicting.

76 Queen St.

843.577.2500

huskrestaurant.com

Sunrise Biscuit Kitchen

CHAPEL HILL, NORTH CAROLINA

Sunrise Biscuit Kitchen's biscuits are big, buttery, and delicious odes to the true Southern biscuit. Based on owner David Allen's grandmother's recipe, these biscuits are made with high-quality ingredients by experienced hands. Their biscuit maker has been making their "bigger, better biscuits" for years. Served in sandwich form, the biscuits can be topped with practically anything you can think of, from eggs and cheese to sprouts and cucumbers. The Chapel Hill location of Sunrise Biscuit Kitchen is just that—a kitchen, with a drive-thru window perfect for a quick, easy, and delicious breakfast.

1305 E. Franklin St.

919.933.1324

sunrisebiscuits.com



Photo courtesy Sunrise Biscuit Kitchen



Photo courtesy Elizabeth Barr



Photo courtesy Liz Burlingame



Photo courtesy Amy Hussar

INTERNATIONAL BISCUIT FESTIVAL

KNOXVILLE, TENNESSEE

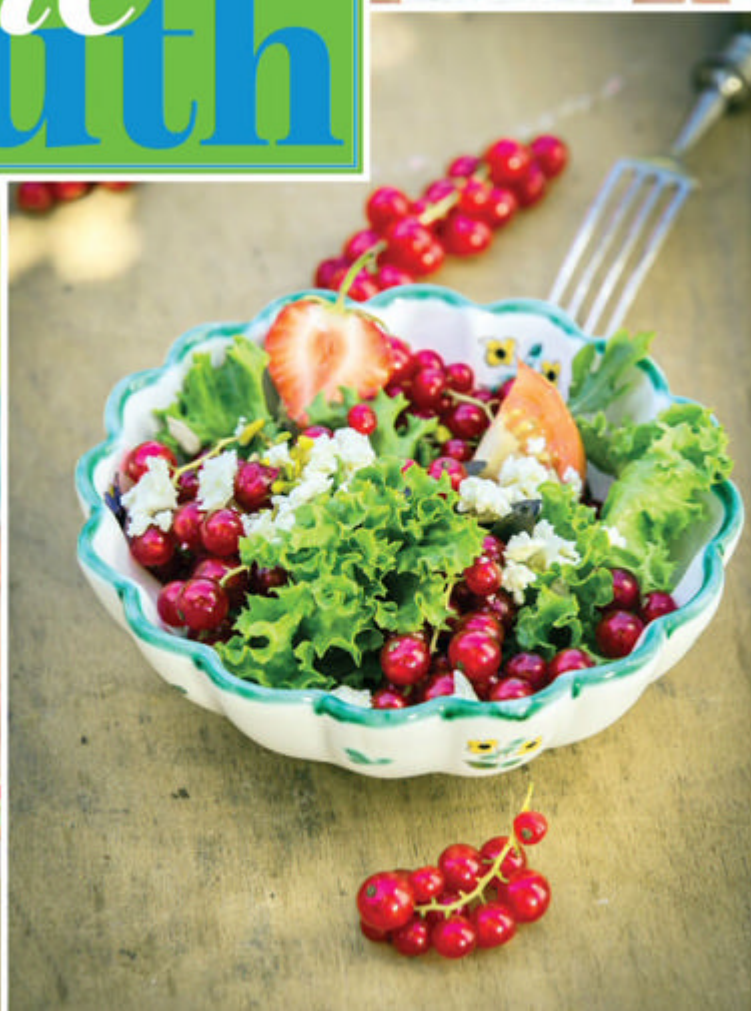
The sixth annual International Biscuit Festival will be held May 14-16 in Knoxville, Tennessee. Walk down Biscuit Boulevard and vote for the People's Choice winner, enjoy the Blackberry Farm Biscuit Brunch in the middle of downtown, and experience other biscuit-themed activities. At midday, the Biscuit Baking Contest starts, and by the end of the day one biscuit maker will be crowned Grand Champion.

biscuitfest.com 

advertisement



SEE *the* South





See the South

JUST A FEW HOURS' DRIVE IN ANY DIRECTION all around the South, you'll find enough to see and do for a lifetime of vacations. Grab a couple of girlfriends, arrange a family reunion, or sneak away yourself to any one of the destinations profiled in this special travel section. Throughout the South, cities are teeming with festivals, hot new restaurants, museums and nightlife. There are also relaxing indulgences like spa destinations, luxury mountain retreats, and natural attractions both breathtaking and awe-inspiring.

The lure of the South extends through its delicious food, beautiful scenery and Southerners themselves. Welcome to the South, where hospitality reigns.



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This project is partially funded by Visit Mississippi. 



Ridgeland...The Art of it All

RIDGELAND IS THE PLACE FOR TRAVELERS LOOKING for fabulous shopping, a delicious meal and awesome accommodations. Whether for business or pleasure, in a group or on your own, our city offers so much to see and do. Just across the street from Mississippi's capital city of Jackson, an abundance of culture and history is at your fingertips.

Ridgeland is the state's premier shopping destination with centers like Northpark Mall, the world-class lifestyle center Renaissance at Colony Park, and Township at Colony Park, a beautiful collection of signature shops, restaurants and residential areas. For the ultimate shopping experience, check out the Ridgeland Retail Trail, a compilation of Ridgeland's locally owned boutiques, galleries, shops and spas. And don't miss the Mississippi Craft Center, featuring the works of over 150 members of the Mississippi Craftsmen's Guild.

More of the outdoor type? Ridgeland has numerous opportunities to enjoy sports at quality

parks and facilities. The venues offer families a chance to enjoy picnics, outdoor cookouts and playgrounds, and they serve as locations for many festivals and special events throughout the year. The massive Ross Barnett Reservoir has 105 miles of shoreline and is bounded on the north by the historic Natchez Trace.

Visitors return to Ridgeland time and time again to participate in our great events like the Ridgeland Fine Arts Festival and Santé South Wine Festival held in April and Natchez Trace Century Ride, each event punctuated by Ridgeland's incredible dining options.

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Visit Tupelo, Mississippi-where the power of possibility turns our culinary into our culture

LONG-KNOWN AS THE BIRTHPLACE OF ELVIS PRESLEY®,

Tupelo is emerging as a culinary hot spot in a state known for its southern-fried fare. Just like the unique sound Elvis created, melding gospel, country, and rhythm and blues to create rock 'n roll, Tupelo's culinary culture is a melting pot, celebrated through special events, festivals, and at tables throughout the city, at each meal, every day.

Tupelo's culinary culture takes the power of possibility to another level with something to satiate every appetite. A virtual cornucopia of taste, Tupelo is becoming a foodie destination in the South, one bite at a time. The town serves up everything from southern staples that soothe the soul to farm fresh creations straight from the earth. The birthplace of Elvis Presley, even the food pays homage to the city's favorite native son. Guests can eat like a king in the birthplace of the King at Johnnie's Drive-In, a full-service drive-in restaurant, serving up the same diner food that Elvis loved. Guests can even sit where he sat in the "Elvis Booth." Among the

varied menu items at Johnnie's is the doughburger. A mixture of meat, water, and flour, the doughburger was first introduced during World War II when many items were being rationed.

Tupelo's culinary culture has taken to the road, with an array of food trucks that are as unique as the fare that they serve. From haute cuisine to one of Mississippi's top ten hamburgers, all you need is a hearty appetite to enjoy what Tupelo is serving.

In the South, food is less a means of nourishment than it is an integral thread in the DNA of what makes a southerner southern. The town that enabled Elvis to dream big still embodies that same contagious optimism that put him on a path to stardom, and today, it beckons visitors to come on in, have a bite to eat, and stay for a while. Creativity is the great equalizer among the town's eateries, where delectable cuisine is a given. But, when it comes to the experience, in Tupelo, anything is possible.

WWW.TUPELO.NET
800-533-0611

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A City Becomes a Work of Art

WHAT BEGAN AS A THREE-DAY WEEKEND EVENT IN

2005 has flourished into a 10-day city-wide summer festival. Charleston, West Virginia is teeming with the arts all year long, but during FestivALL the city puts it in overdrive and literally turns its downtown into a work of art with 130 events and 360 performances!

FestivALL 2015 takes place June 19-28 and includes visual art instruction, displays and markets; culinary tastings from the city's many independent restaurants; theater performances; parades; and a plethora of eclectic live music and public art installations. Signature events include Live on the Levee (free concert and street fair at Haddad Riverfront Park amphitheater); riverboat cruises; Blues, Brews & BBQ; Wine and All That Jazz; National Public Radio's Mountain Stage; and the Mayor's Concert at the world-class Clay Center for the Arts & Sciences.

Past FestivALL headliners have included The Neville Brothers, Booker T and the MGs, Gladys Knight, Kool and the Gang and Robert Cray to name just a few. Excitement is building with Charleston's insiders and visitors alike in anticipation of the announcement of FestivALL 2015 lineup.

A vibrant capital city, Charleston is known for its small town charm and hospitality. Conveniently located at the confluence of three interstates and two scenic rivers, Charleston West Virginia boasts 1600 hotel rooms within walking distance of most of the FestivALL venues. Truly a family-fun event!

**FOR MORE INFORMATION, VISIT
FESTIVALLCHARLESTON.COM. AND TO
LEARN MORE ABOUT HIP, HISTORIC...
ALMOST HEAVEN, VISIT CHARLESTONWV.COM**



CHARLESTONWV.COM

**HIP, HISTORIC...
ALMOST HEAVEN!**

FAMILY VIBE

Charleston boasts a rich music and arts scene – not just for adults, but for families, too. From the Clay Center for the Arts & Sciences, to the Charleston Civic Center, to a plethora of small venues, the city offers a wide variety of entertainment choices. Make Charleston your next destination, and don't forget to bring the kids.

**CHARLESTON
WEST VIRGINIA**

Southwest Virginia's Culinary Scene Has Deep Roots

IN THE MOUNTAINS OF SOUTHWEST VIRGINIA

the culinary scene is booming, with farm-to-table products rooted in the mountain traditions of this region. Abingdon, Virginia makes a great home base to explore the many farmers markets and independent restaurants that populate this region. New micro-breweries and wineries are popping up regularly, and authentic mountain moonshine is stepping out of the shadows with licensed distilleries.



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Come taste Italy in Appalachia, here in Marion County.

WEST VIRGINIA'S PEPPERONI ROLL WAS FIRST

baked in Fairmont, WV, as a lunch for the coal miners. The simple, versatile treat is our official food, and one of our best-kept secrets: you can find them in any convenience store around the state, but hardly anywhere outside our borders.

The Italian influence in Marion County extends well beyond the pepperoni roll.

Each holiday season, we pay homage to our Italian roots with the lavish Feast of the Seven

Fishes, where you can taste authentic cuisine from around the area, and watch cooking demos to learn to prepare traditional seafood.

The rest of the year, you can dine at one of our many long-standing Italian eateries, many of which have been around for decades.

WWW.FAIRMONTWVFUN.COM

INFO@MARIONCVB.COM

1-800-834-7365

West Virginia Pepperoni Roll Recipe

Ingredients

1 1/2 cup warm water
3 teaspoons dry yeast
1 teaspoon salt
1 teaspoon sugar
4 cups bread flour
4 tablespoons extra-virgin olive oil
72 sticks of pepperoni about 4" long (sliced pepperoni can also be used)

Directions

•Place warm water in a warm mixing bowl and add yeast. Stir to dissolve and let stand 3 minutes. Add salt and sugar and stir thoroughly.

Add flour and olive oil and mix, using hands until you can knead the dough without it sticking to your fingers. Add more flour, if needed.

•At cutting board, knead dough, occasionally dusting with 1 teaspoon flour, until a firm, smooth homogenous ball is formed, about 15 minutes. Place ball of dough in a lightly oiled mixing bowl, cover with a clean kitchen towel and allow to rise in a warm place until its size is doubled, about 2 hours. Punch down and divide into 24 equal pieces.

•Heat oven to 350°

•Flatten each piece of dough rolling up 3 pepperoni sticks in each. Place on baking sheet about 3 inches apart and let rise until double in size. Bake about 15 minutes until tops begin to brown. Eat warm or cool and store in airtight container.

•Pepperoni rolls can be enjoyed as is or sliced open and topped with mozzarella cheese, sauce and/or Oliverio Italian Style Peppers.

WV's Secret Treat Taste Italy in Appalachia

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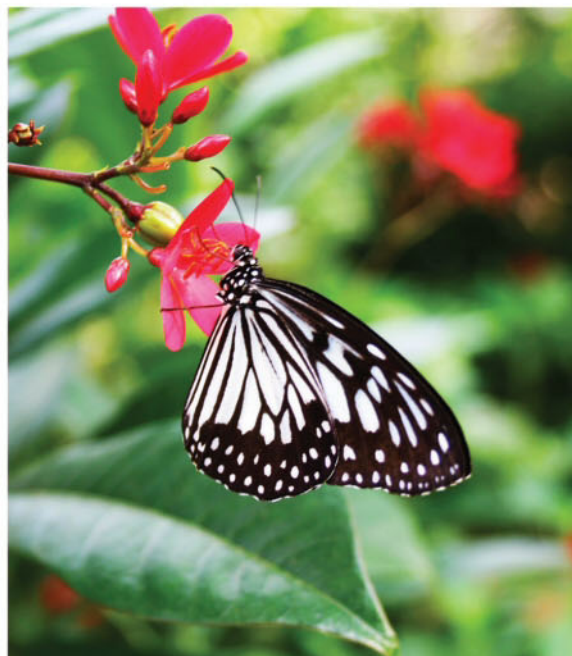
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Recipes for the HANDMADE LIFE

BY GINNY HEARD

RECIPES AND PHOTOS REPRINTED WITH PERMISSION
FROM *BACK IN THE DAY BAKERY MADE
WITH LOVE* BY CHERYL DAY AND GRIFFITH
DAY (ARTISAN BOOKS, 2015)

PHOTOGRAPHY COURTESY OF ANGIE MOSIER



When reading their cookbooks or walking into the Back in the Day Bakery in Savannah, Georgia, you get the impression that the Days live in a magical fairytale. Surely sparrows must tie Cheryl's apron strings and enchanted field mice help her measure ingredients. Cheryl and her husband Griff make sure they not only bake incredible treats, but also pay attention to every detail. This is a bakery reminiscent of childhood, warm and friendly and always ready to share its plenty. In their second cookbook, *Back in the Day Bakery Made With Love*, Cheryl and Griff do just that, sharing not only recipes, but tips, thoughts, and crafts to make all of your homemade efforts even more special.

Tell us about your bakery and neighborhood.

When we first opened the bakery, the neighborhood was a little rough around the edges, but it has grown, and its corners have rounded out. Now we have people from all walks of life, from creative types to students to families. We knew we wanted to be in an area that would allow us to have regulars, not just transient customers. We like to think of our bakery as a gathering place. Our regulars have made us a part of their lives, and they have become a part of ours. I especially love it when kids come in who we have known since they were little—we even have a spot in the back where we've measured a few of them over the years.

What made you and Griff decide to open a bakery?

Going to culinary school wasn't as popular when we were coming up, so we didn't think to do that. But we've always liked to cook. Griff was always the person who brought food to parties and catered for small get-togethers. We finally came to a point in our lives where we wanted to do something we were passionate about. We weren't sure how successful we would be in transitioning from self-taught cooks to owning our own place, so it took a leap of faith to do so. We've been very fortunate—Griff is also part businessman, and we both have a great work ethic. My niece recently said that we are “living the dream.”

You say you and Griff have clearly defined roles?

We learned that the hard way. We're both passionate about the same things, but had never worked together. As a married couple, you can imagine it could get a little tricky, and there were things for us to sort out. Griff runs the business side of things, and I'm in charge of the creative side of the bakery—from the atmosphere of the entire restaurant down to the small touches on packaging. Griff says that I'm the CCO and he's the CEO. It's a good combination. (But I'm glad I'm on my side.)

Tell us about the craft of scratch baking.

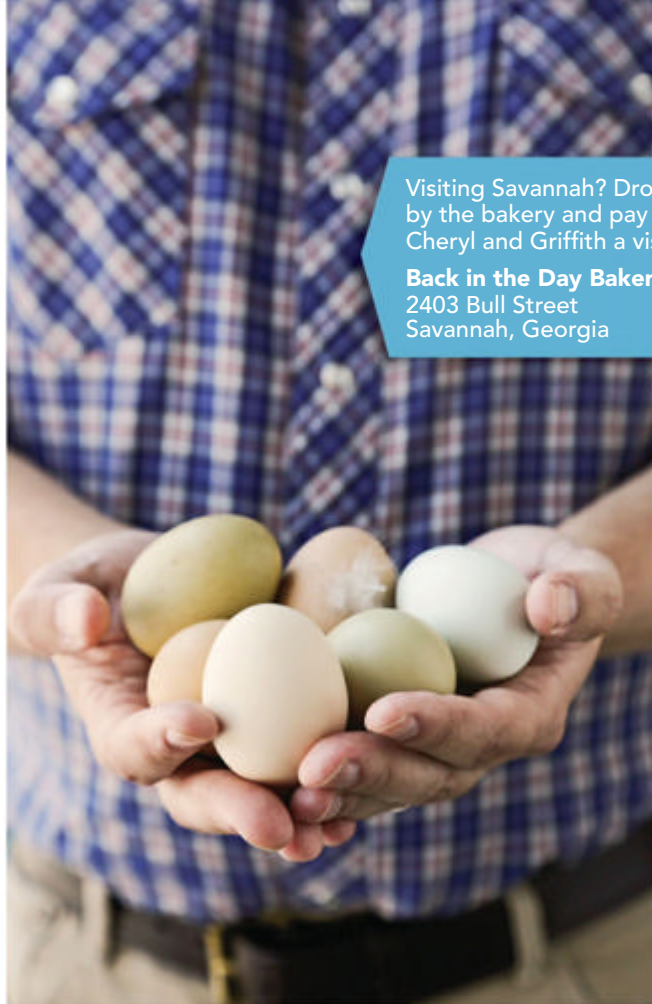
It's very important to us to carry on the tradition of heirloom scratch baking. We want to preserve the ways that we were taught: doing things by hand, paying attention to the small details, and being creative with recipes and making them our own. We think it's important to continue how our mothers and grandmothers taught us, mixing ingredients in a bowl to bring something to the table for friends and family.

What is one kitchen item you must have?

It depends on what you're making. You have to have your measuring cups, spoons, and a nice mixing bowl. A stand mixer is helpful but you do not have to have one. I still remember the day that my mother got a stand mixer—before then she used to make her meringue with a whisk. I also love inexpensive bowl scrapers—you can use them in all sorts of ways.

Tell us about your love for buttermilk.

I think every self-respecting Southerner has buttermilk in their fridge, at least for baking. I use buttermilk in so many things. I love the richness it adds to recipes, from biscuits to cakes. I have become pretty particular about the type I buy now. I get my buttermilk from Southern Swiss Dairy. I know it's local, and I know my cow's name (Pecan!).



Visiting Savannah? Drop by the bakery and pay Cheryl and Griffith a visit.

Back in the Day Bakery
2403 Bull Street
Savannah, Georgia

How do you come up with recipes?

We come up with our recipes in all sorts of ways—I literally dream them up sometimes. We're inspired seasonally and through our travels, and sometimes we'll just come across a flavor combination and think, “Oh, that would be good in a cake.”

What is your favorite thing to bake?

You go through phases, and as a scratch baker I like to challenge myself. Right now I'm really into making pies. I think people appreciate the delicate flavors and textures of pies, and to me it is like the craft of baking in a bowl. I also love to make biscuits—it is actually a similar process to making a piecrust. I like getting my hands in there, cutting in the butter, and the whole process of “handmade.” Griff, of course, loves making bread—that's his specialty.

You say you and Griff frame your business as one person baking for another.

That has always been our mission. We think of one person sitting down to enjoy what we make. We want each person who comes to our bakery to feel like we made that treat just for them. We still enjoy secretly watching people eat our food; we want to know that others enjoy things as much as we do! 🍴



ORANGE BUTTERMILK PIE

Recipe from *Back in the Day Bakery Made with Love* by Cheryl Day and Griffith Day (Artisan Books, 2015)

Yield: 1 (9-inch) pie

I created this pie in the middle of the winter, when clementines and satsuma oranges are in season. The flavor is simple and pure, and you can use any oranges that you like. Buttermilk is the key ingredient, so use the good stuff you can sometimes find in farmers' markets, if possible.

**Shortcut Piecrust (recipe follows),
baked and cooled**

- 6 tablespoons unsalted butter, softened**
- 1 cup sugar**
- 2 large eggs, separated**
- 3 tablespoons unbleached all-purpose flour**
- 1 teaspoon orange zest**
- 2 tablespoons fresh orange juice**
- 1/4 teaspoon fine sea salt**
- 1 cup whole buttermilk, at room temperature**

Sweetened whipped cream

Garnish: fresh clementine or orange segments

1. Position rack in middle of oven; preheat to 325°. Place prepared Shortcut Piecrust on a baking sheet. Set aside.
2. In the bowl of a stand mixer fitted with the paddle attachment, beat butter and sugar at medium-high speed until fluffy, 3 to 5 minutes, stopping occasionally to scrape sides of bowl. Add egg yolks, beating to combine. Add flour, orange zest and juice, and salt, beating until combined. With mixer on low speed, gradually add buttermilk, scraping down sides of bowl as needed. (Mixture will appear separated.)
3. In a medium bowl, using clean beaters, beat egg whites until soft peaks form. Fold one-fourth of egg whites into buttermilk mixture. Gently fold in remaining egg whites

until completely combined. Pour filling into prepared Shortcut Piecrust.

4. Bake until filling is golden and puffed at edges and center is mostly set, 45 to 55 minutes. (Cover edges with aluminum foil to prevent excess browning, if necessary.) Let cool on a wire rack 2 to 3 hours. (Pie will continue to set as it cools.) Serve at room temperature or chilled with whipped cream. Garnish with orange, if desired. Cover, and refrigerate up to 2 days.

SHORTCUT PIECRUST

Recipe from *Back in the Day Bakery Made with Love* by Cheryl Day and Griffith Day (Artisan Books, 2015)

Yield: 1 (9-inch) piecrust

This is an easy-peasy piecrust that is simply pressed into the pan. It's buttery and flaky, yet no rolling is required.

- 1 1/2 cups unbleached all-purpose flour**
- 1/4 cup firmly packed light brown sugar**
- 1/2 teaspoon fine sea salt**
- 11 tablespoons unsalted butter, melted**
- 1 large egg, lightly beaten**

1. In a medium bowl, whisk together flour, sugar, and salt. Gradually add melted butter, stirring with a fork until mixture is evenly moist and crumbly.
2. Press dough evenly into bottom and up sides of a 9-inch pie plate. Crimp edges as desired. Freeze 15 minutes to set. Preheat oven to 375°.
3. Top piecrust with a piece of parchment paper, letting ends extend over edges of plate. Add pie weights.
4. Bake until edges begin to set, approximately 10 minutes. Carefully remove paper and weights. Brush bottom of piecrust with beaten egg.
5. Bake until golden brown, 6 to 10 minutes more. Let cool completely.

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Location courtesy of Ashley Byrom, Birmingham, Alabama.



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////// DISHING WITH Carrie Morey

Carrie Morey has taken her mother's recipe for biscuits and turned it into a booming business. Between her biscuit retail company, Callie's Charleston Biscuits, her first cookbook, *Callie's Biscuits and Southern Traditions*, and her new eat-in venture, Callie's Hot Little Biscuit, Carrie continues to fill the biscuit-shaped void in our hearts as she practices this Southern art.

Favorite way to top a biscuit?

I'm a classic girl—I like them with a big pat of salted butter.

Favorite breakfast food other than biscuits?

I love bacon, sausage, and grits all mixed together—it may not be the prettiest presentation, but it's what I crave.

Three things you always have in your pantry?

I always have San Marzano tomatoes and canned white beans on hand for soups, stews, and salads. They're year-round musts. Tuna fish packed in olive oil is our weekly staple. And, of course, we're never without flour.

How many biscuits do you make in an average day?

3,000 to 10,000 a day, depending on demand.

Favorite midnight snack?

If it's savory and fried, I simply can't resist it—fried chicken, mozzarella sticks, French fries, and onion rings are all on the list.

Best experiment turned menu item?

Without a doubt, it's our biscuit bowls. The possibilities for filling them are endless. The trend may be to "put an egg on it," but for me it's all about putting it in a biscuit bowl. From grits to soups and stews, and even ice cream.

What music do you listen to in the kitchen?

Currently I'm really into my "Ambrosia" station on Pandora, but Dolly Parton always keeps me cooking when the days start early.

When did you decide your mother's biscuits could be a business?

When I packed some warm ham biscuits for my then-new friend, now-husband's plane ride. He proposed shortly thereafter.

Have your girls started helping you in the kitchen?

They have been helping me since they could stand. It's my favorite part of every day—truly our shared craft.

Favorite biscuit other than your own?

I can still remember the taste of the biscuit—it had a fabulous buttered crunchiness on the outside and was like a down pillow on the inside. It was about three years ago at a Southern Foodways Alliance event at Jim 'N Nick's Bar-B-Q during the Charleston Wine + Food Festival. I tasted one biscuit and then another. I headed right through the kitchen doors to find who was making them. It was a woman from Birmingham whose name escapes me. 🍷



Headed to the Charleston Wine + Food Festival? Join us for our Wake + Bake at Callie's Kitchen on March 7. For more info, visit charlestonwineandfood.com.

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